

AN
ESSAY
ON THE
MEDICAL CHARACTER,
WITH
A VIEW to DEFINE it:
TO WHICH ARE SUBJOINED,
MEDICAL COMMENTARIES
AND
OBSERVATIONS,
ADAPTED TO
VARIOUS CASES OF INDISPOSITION.

THE FIFTH EDITION.

By ROBERT BATH, *Dean Street, Soho.*

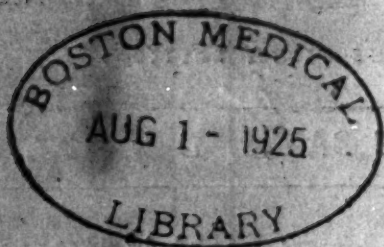
"HOMINES AD DEOS, NULLA RE PROPRIUS ACCEDUNT, QUAM SALUTEM HOMINIBUS, DANDO."

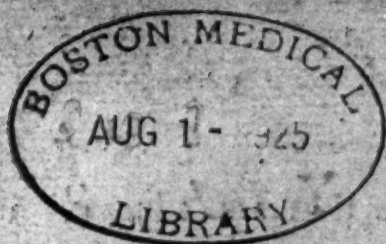
L O N D O N;

Printed for the AUTHOR, and Sold by G. LAIDLER,

No. 13, *Princes Street, Leicester Fields.*

1. MR. 14.





NOTHING can be more
evidently clear and decisive,
than that the qualifications of pro-
fessional men, can be best understood
and explained, by such as are in the
same habits and pursuits of life; and
that hence the medical character,
with respect to it's duty and office,
as well as scientific pretensions, may
be discussed with most propriety, by
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those that are educated in, and attached to, that line of life.

The first and most obvious quality necessary to form a true character of this denomination, must be a *native* attachment to the study and pursuit of it. This must of necessity constitute and make the ground work of every successful effort, to render it either reputable or complete; and that can make it either of estimation, or ornamental in society. It must not depend upon occasional circumstances in life, to call forth and exert this principle; but it must be an undeviating permanent disposition for considering and exercising its function upon all occasions, and be always present, and influence the faculties and attention of the mind. A great character may be formed
either

either for the senate or the field, from local and occasional circumstances, independent of any native or even acquired principle of this kind; and great as well as very successful efforts may be made from enthusiasm excited upon important occasions, which do not require the habit of accurate attention, or delicate regard to the rules of science and deliberation. The objects in either of these pursuits are not either so variable, nor under such changeable influence as the human body, in respect to health; and they are more permanent in their nature, as well as less deviating from known laws and maxims.

It is necessary to observe, that this attachment, which is a very essential part of the medical character, should evidence itself in early life,

and should in course be the *inducement* of leading men to habits of frequent consideration from sensations of pleasure, arising from the view and just estimation of so fine and *magnificent* a structure as the human frame is; and which from the variety and delicacy of its parts, and the nature of their functions dispose to a *fearful* complication of *disease*; the accurate attention to which must originate from a settled and fixed principle of attachment, to its different duties and situations.

To this first fundamental principle necessary to constitute a character, we must conjoin another of equal importance, both to reputation and success. This is *Philanthropy*; and this also must be equally native, original, and undeviating. The situation

ation of mankind, under the influence of disease, is, in every point of view, perfectly compassionate; but these sensations will plead in vain, unless the heart, from whence they should originate, is made of tender and susceptible materials; and make up a *real*, and not an *assumed* part of the medical character. The want of this radical principle, has occasioned many thousand operations, that might have been avoided with success to the patient; and there would have been no occasion to *develope* many thousand cases, the consequence of which mode of treatment, have ended in the misery and destruction of numbers. The absence of this quality, has led many to neglect the most material parts of the medical character; and also, to misconceive and invert the character,

as well as the disposition of others ; and also, to render these attentions and duties troublesome, which would otherwise be a matter of amusement and pleasure. We hear constant complaints of the difficulty of pleasing and of satisfying people in a state of indisposition, without either considering our own incapacity of doing either. Philanthropy, which is only another word for humanity, will impress us very distinctly, with sensations and ideas in favor of the patient, or at least, in an indulgent allowance for this state of faculty. Those affairs of attention and care, that are always acceptable and pleasing to an agitated state of mind ; and bodily powers, which medical men of every denomination ought to possess, will be a grateful and happy resource, that can never be absent,

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under the influence of this principle. All our indiscretions and improprieties must, in this situation, meet with a sympathetic consideration, and impress a pleasing idea for exerting ourselves, in an attention to frequent and vigilant attendance, and reconcile us to the assurance and belief, that our duty to the afflicted does not reside entirely in *professional* acts.

The presence and exertion of this principle, which is considered as perfectly essential in the composition of a medical character, leads on and connects it with another quality of great esteem, and highly material. This is, a mild deportment, or gentleness of manners. To be always mild and complacent, easy and tranquil, is a possession necessary to impress upon the mind of the patient,

an idea that our presence is agreeable; and our being in possession of this power, we have a means of communicating it to others, to a very sensible degree, and often to the radical benefit of the afflicted. It would appear very admissible, in conformity to the limited and confined ideas of mankind, that this qualification was the most important of all others; tho' in fact, it is only an appendage to that of the preceding one; tho' we have great authority to assure us, that is the first, and of the highest origin; since a very great philosopher declares, that "*the wisdom which is from above, is gentle;*" alluding to the impressions which it makes, as being perfectly conciliating. This is native sensibility, heightened and improved by that delicacy of manners, which arises from

from a knowledge of society, and just views of it's wants and necessities: we are, from hence, excited to a careful attention to the situation and wants of others, in this line of life, as well as in every other; and to those objects, that are usually esteemed pleasing. It is this tenderness and sensibility, that sweetens all the actions of life, and gives a true taste and relish to the minute duties of humanity. Under the influence of this sentiment and habit, the voice and manners will always be adapted, and ready, to exercise the tender and sympathetic offices, in an attention to the wants and difficulties of the patient, which are constantly numerous, and frequently very distressing. Every thing that is soft and pleasing to the eye, or that delights the ear, in the exterior

terior frame of natural works, will be produced in real sensation, by the demeanour of a well polished mind, which has for it's object, the conciliation and esteem of others. This desirable and beauteous quality, is the only successful antidote to harshness, and to severity; to pride, and to arrogance: it happily suppresses the native turbulence of the human heart; and it is literally, that part of our constitution, which leads us to with-hold giving inquietude or pain to our fellow creatures; and indeed, this idea should impress us, in respect to every inferior species of the creation; especially in matters that relate to existence, and life. Our feelings and passions are called forth and agitated, in a peculiar way, by those we see in the various situations of ill-health. Compassion ex-

cites

cites us to relieve them: gentleness and forbearance, prevents us from retaliating any thing we find offensive: tenderness restrains and forbids every angry passion; and candour, the suggestions of malignity: sympathy disposes to prevent censure, and is fraught with indulgence: gentleness tenderly corrects whatever is offensive in our natural disposition, and by a constant train of humane attentions, tries to alleviate the severity of common misery. It is unlike other good qualities, called forth only on peculiar emergencies; for it's office is as permanent as the hand that gave it, and it's influence as lasting, and as extensive, as the ills that surround us. We are to distinguish this qualification, which must be native and pure, from that artificial courtesy, that smoothness of
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manners, which is exhibited in the circle of high life; and the superficial accomplishments of a frivolous age, which is frequently discovered, and is equally empty and vicious: which tho possessed sometimes in a very eminent degree, leads neither to good thoughts, nor virtuous actions.

It is worthy of notice, the regard and attention which is paid, even to an assumed character of this kind; and this is one evidence, with many others that might be adduced, of the great esteem mankind retain for virtue and goodness; the very semblance of which is eagerly pursued, without any taste for the reality. For to render society agreeable and pleasing, it is indispensable to *appear in this likeness*; and in this case, the shadow is adored, while the sub-

substance is wanting. In the common intercourse of human life, this quality is necessary, to gain the esteem and engage the affections of others; but in the medical line, and in those instances when it is sought, it is peculiarly happy: and therefore, to possess the accent and manners of gentleness and humanity, is universally indispensable.

This easy, affable, mildness of temper, which originates from, and is the effect of, principle; the beauteous emanation of a *good heart*, must be considered, as it really is, an essential part of the medical character: it must therefore, have it's seat in the native composition; and like every other good quality, reside in the mind, and have it's seat in the heart: it cannot therefore, in it's nature,
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be occasional and temporary; but constant, and always influence, both in sentiment and action: it is not to be learned in the school of the world, where social intercourse so incessantly discovers an endless rotation of evanescent fashions; scenes of ceremonious vanity; spectacles of pomp; and forms of insidious politeness. It is from this source only, that can originate those marks of kind attention, which flow warm and unadulterated from the heart, and alone, can render the polished and refined instances of good breeding, truly pleasing. Pure gentle manners, are not formed by any other rules, than those of upright intentions, and undissembled integrity; one particle of which, is of more real estimation and value, in the just scale of reason, than all the modes, which caprice,

caprice, or fashion, can invent, or impose.

Original good nature and benevolence, is a farther ingredient to compleat this character. There is always a real, unaffected civility, arising from this quality, which has no deception. The charm of genuine kindness and benignity, speaks irresistably, and is invariably the same, because founded in sincerity and truth. This indeed, like true gentleness, is much more readily understood than defined; as it does not reside in the tone of the voice, the gesture of the features, the movements of the body, or the acts of the hand; but is founded in a just and adequate sense of what we owe to the common nature of one another.

ther. It is invariable, because it arises from a reflection, and a considerate attention, to our own wants and failings; and from a proper view of the condition and duty of society. It is native sensibility and feeling; improved by principle. It is the heart which easily relents at impressions of resentment; which trembles with sympathy; which feels for every thing distressing to human nature; which regards with instinctive tenderness, whatever harasses the condition of man, in every state. It is that *only*, which is affable in it's address, gentle and mild in it's demeanour, and ever ready and pleased to oblige. It diffuses habitual kindness to friends; candour and courtesy to strangers; and indulgence to every thing inimical. In the possession of this, we exercise any superiority
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with moderation, and administer instructions with tenderness; and we cannot fail to realize the expectations of sensible men with *fidelity*. If occasion offers to confer a favor, it is always done with ease and delicacy, which is the most successful way to render it truly acceptable and pleasing.

With one more definition, I take leave of this part of the character: it is unassuming in opinion, because it has always impressions of self-incapacity; it is uniformly prompt to allay dissention, and to restore peace; because the sentiments of peace and good will reside within us; it delights above all things, to alleviate distress; and if it cannot dry the falling tear, at least to sympathise with "the grieving heart."

It has been observed, with great propriety and truth, that the impressions excited by the representations of painting, are favorable and advantageous to society; as they give the mind a turn and disposition from the impulse of *imaginary* circumstances, to exercise benevolence and humanity.

The fine and delicate pencil of *Poussin*, in his representation of the fate of *Germanicus*, leaves upon the mind, very distinct and sensible impressions of indignation, for the cruelty of his fate and treatment; at the same time, we cannot but feel a *tender compassion* for unfortunate virtue; and hence the object of sorrow, and every argument it presents, fills the
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the mind with soft *vibrations*, which quickens us to a sensibility of benevolence and humanity.

The representation which this fine artist gives of the Plague, melts the soul to emotions of sympathy, and fills us with a participation for human misery.

Virgil, in the history of his favorite character, Eneas, has introduced this idea, with great delicacy and beauty: every quality that adorns the human character, and renders it amiable and pleasing, this *hero* has ascribed to him; and with the most eminent and remarkable, are those of gentleness and humanity; kindness and friendship; sympathy and love. Upon his landing in Africa, he is made to express many fears,

concerning the temper and manners of the people, in regard to kindness and hospitality; but, no sooner does he discover paintings, descriptive of civilization and humanity, than he assures himself, in a transport, that he shall be received with such sympathy and kindness, as his eminent misfortunes entitle him to; and therefore, with great delicacy of thought, addresses himself to his friend and companion.

*Sunt Lachrymæ, rerum, et mentem
mortalia tangunt, solve metum.*

If we distinguish such an excellent tendency in the reflection, and imagination of things, to call forth and excite in us, the principles of sympathy, humanity, and gentleness; how much more successful must this
 lesson

lesson be held out to us, when there are before us, objects to *realise* them; objects whose situations in regard to misery, are not *imaginary*, but *real*! Hence we observe, that in our intercourse with the *frailty* of human health, we must be led to sentiments of philanthropy, gentleness, and compassion.

I shall finish this part of my observations, by describing the line we have to direct us, in regard to communicating something to the patient, to impress the mind with satisfaction and tranquillity, at every intercourse and visit; considering it as a very essential obligation and duty, and of great efficacy. The limitation of the human intellect is such, especially when the body is agitated with disease, that this also is under morbid

influence, therefore we must take this idea with us, that the powers of either are not what they might be otherwise estimated. Hence we shall observe the propriety of leaving the patient in the possession of no one idea, that any new access of suffering is to occur from our views of the situation they are in, or from any measure to be taken in consequence of it; because, every thing is multiplied and rendered more enormous, by anticipation. In fact nature's powers, and nature's laws, as well as the just calculation of reason, will frequently in this case be inverted, and therefore we must estimate accordingly. There is a sympathy and correspondence, between the sensations of disease and intellect, in a state of disease; and it has been observed by the
 most

most sagacious and intelligent practitioners, that they frequently keep pace. We are to be guided in this, as well as in many other instances by fact and observation, and not by theory and conjecture; by such things as really exist, and not by such as may be supposed. I take it therefore to be right, that we should observe certain rules of reserve, which are never to be communicated in any way to the patient; I mean in those affairs and consequences, which do not make in their favor, both in regard to medicine and the disease: and that those should be held out to their consideration *only*, which lead on to hope, success, and expectations of better health. The fact is, that the natural powers of the body, in the performance of every function, are

frequently inverted by anticipation. I have frequently seen instances arising entirely from apprehension and dread, when the stomach has passed a very powerful emetic, without the least disposition to recoil, and the intestinal parts not the least affected. In fact, as we cannot answer for the sensations and antipathy of the sick, it should be held as matter of reservation; the intention and effect of medical treatment, that part of it which is repugnant to wish and desire. Timidity and apprehension is the constant attendant on a state of indisposition, and indeed too frequently, in a state of general good health; and hence we must see the propriety of this policy, which is to with-hold every thing that leads to those impressions. For, it is exactly in regard to the dicipline
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and effect of medicine and disease, as a very fine writer*, has defined the natural termination of life to be.

Every favorable circumstance should be exactly noticed, and held up, to excite hope and expectation; as the faculties of the mind, let the disease be what it will, have a great resource of support; more perhaps than any occasional and temporary assistance whatever, of the medical denomination. Every case and situation admits of a great many circumstances, to console and cheer up the patient, if they are inquisitively

* Dr. Young, with great beauty, and just expression of thought, describes, that the impression of death, should be held as much as possible from idea, because, we "*feel a thousand deaths, by fearing one.*"

sought after, and judiciously pointed out: and I have seldom found an instance, where such observations were not received with *particular remembrance*. There is a singular power of communication in parts, in regard to sensation and disease, known by the term of sympathy, which produces amazing effects, to the disadvantage of the patient, when it is explained, that something *specific* is to be done. I have known instances of a painful affection, and stranguous state of the bladder, from referring to former sufferings, in one hour after the application of a blister; and an irritation to evacuate the stomach, in three minutes after taking the emetic. These effects were most certainly excited *premature*, and in a manner *extraneous*; from the influence of ap-
pre-

prehension *only*. The fears and apprehensions of the sick, ought at all times, to be a matter of tender care and nice attention; both from sentiments of humanity, and also to prevent retrograde effects from medical treatment. There is, in every species of disease and ill health, a degree of general irritability, not only of the particular parts that are morbidly affected, but also of the whole system; which circumstance, unfortunately, induces an accession of disease to those parts, unless it be obviated and removed. It is hence an object of important attention, to prevent this confederacy of circumstances from going on, to perpetuate and render the natural disease more fatal to the patient. In the full possession of health, and with the best

best faculties, we observe how very inadequate we are to contend with natural or occasional circumstances of unfortunate life: even in theory they afford a distressing spectacle; and we feel a sensible influence, to console and sympathise with those that are in this situation, which begets a desire to obviate and remove the difficulty, in whatever shape it exists.

How great and essential a part of the medical qualification is it then, that we hold up the patient, by a view of favorable and consolatory circumstances only, is hence evident, every way and in every estimate; and whatever is of opposite tendency, should be the great affair of consideration and skill, for the practitioner: the very circumstance of the inquisitive disposition, so evident

dent with sick people, sufficiently indicates a tenderness for their own existence, and apprehensions concerning it's safety. This circumstance clearly evidences the propriety of using the most delicate caution, that nothing should be communicated, that disposed to this impulse, and timidity; as the disease, let it be of what kind it will, must hence be increased; as all parts of the body, in a morbid state, suffer considerably from *atony* and *irritation*; it therefore must be well remembered, that we do not *increase* what is intended for us to *diminish* and remove. It is necessary, that constant and availing hope, the great solace of the human faculty, in every situation of difficulty, should be held up in every point of view, not only to gain time, but to keep
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the patient serene and placid, with an intention of giving nature's powers, and nature's laws, an opportunity to recover themselves, and to be restored to exact order and health. Nothing can be used more successful than to impress the mind, with the pleasing expectation of hope; and it is with great truth, that the finest writer, and the best poet, has defined it's operation and effect, perfectly sensible* and right.

The duties professional men owe to the situations of the indisposed, are so various, and extensive, and con-

* " Hope springs eternal in the human breast,
Man never is, but always to be blest;
What future bliss he gives not thee to know,
But gives that hope to be thy blessing now."

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stant, that none but those of great feeling and sensibility, can have any adequate idea of them; and without the exertion of these talents, it is impossible that their presence can make due impressions of attention, regard, and attachment; which joined to sensations of gratitude for our endeavours, is what alone renders the pursuit of it pleasing and happy; and renders that life of care and consideration, a matter of amusement and satisfaction, which otherwise would be esteemed difficult and troublesome.

We shall now finish these observations, by taking a summary view of the character they are intended to describe, and to add, that if medical men corresponded with this description, this profession must in
course,

course, be held in that esteem and regard, which it seems justly entitled too, far above most others.

A sincere and perfect attachment to it's studies and attainments, as a science, and uniform regard to the practice of it's various duties, which alone should constitute and make up the chief attention and employment.

A native inherent principle of candor, good nature, and philanthropy, with a compassionate sensibility for those situations of difficulty and distress, that mankind, in a succession of disease, constantly present to us. These impressions should be heightened and rendered more permanent, by a liberal and well cultivated education, and improved, by an intimate intercourse with

with men of genius and refinement. Nothing can more effectually tend to correct and soften the natural asperity of the human disposition, than this way of life. This will keep the mind and sentiments tuned to affability, and conciliating gentleness, which is sensibly gratifying and acceptable, in a state of ill-health.

To every effusion of a good heart, and rectitude of intention, must be joined, a clear and intelligent recollection of the nature of the situation we are in, in this pursuit. Great and minute attention to the circumstances of the patient, is essential; but it should be attended with ease and cheerfulness, with a view to lessen, and if possible, remove, those uneasy impressions that generally prevail

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vail with sick people. Delicate manners, and a mild demeanour, will be very acceptable, and joined with a liberal communication of every circumstance in favor of the patient. To always have such as are not in constant remembrance, to the intention of considering them *alone*, in order to estimate the case *truly* and *correctly*. Diligence and frequent attention to the indisposed, is particularly necessary, and when conjoined to gentleness and benignity, seldom fail to impress the patient, with a sense of regard and friendship, which are the *only* sentiments, that can render the "countenance of man, a refreshment to man:" and in this situation, diligent and frequent visits are very acceptable. Nothing can be more evident than the propriety of this conduct, as there
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are frequent variations in every disease, as well as deviations from the common estimate of medical calculation; so in course our presence must be necessary, to *adapt* and *point out* the right line of treatment.

This attention brings to our observation, many occurring circumstances, that may make in favor of the patient; perhaps to accelerate recovery; perhaps to render the situation more accommodating; and perhaps to render a fresh accession of resources, adapted either to amusement, satisfaction, and radical benefit.

If situations of health are variable, and by no means permanent, how much more so must be the situations of the sick? And hence, a frequent modification, and change of rules

must be induced and requisite. Finally, this important character can only be conceived, known, and felt, by a clear head, and a good heart, formed for sympathy and friendship; which concurrence alone can teach us the right line, in every situation of life, and the due performance of it's duties and obligations.

MEDI-

M E D I C A L

Commentaries and Observations,

ADAPTED TO

Various Cases of Indisposition.

SECTION I.

NOTHING is more evidently indiscreet and defective, as to estimate, or suppose that a wise and beneficent creation, disposed in every part of the world, with so liberal a hand, should vest those resources which are intended as antidotes to human calamity, in the shell of a medical shop; or to be locked up and *secreted* in the heads, and comprehensions of professional men only.

As the influence of disease is a general and prevailing part of the human composition, in every climate, and in every condition of life; it must certainly be admitted that in a just estimation of things, the means of obviating it's natural consequence, are within the calculation and access of every man of intelligence and reflection, that properly considers the habits of his life, and the use he makes of it; which, in fact constitute and make up the great source of most indispositions.

The beneficence and liberality of nature, has unquestionably created, and furnished a great choice and variety of things *medically combined*, suited to as numerous a variety of indispositions, which are evidently sent

sent forth to us, for occasional use *only*.

These resources are clearly left to the sagacity, intelligence, and observation of man; for whose use and service they were made; and are therefore permitted to form, live, and vegetate, as objects for his investigation, labor, and attentive enquiry.

If we compare this catalogue of natural medical productions, with that of *art* and *combination*, we cannot help observing, how bountifully the scale preponderates in favor of the former, and how very inadequate and defective the latter!

This circumstance alone, clearly indicates, to a mind formed to reflection

tion and intelligence, how much more liberal and inquisitive regard, we ought to shew to the productions of nature, in this, as well as in every other instance, than to that of the feeble efforts, and imitations of art.

We find in the history of medical discovery, numerous and successive proofs of this important fact, which we shall notice, with a view to illustrate the magnificence and greatness of natural resources; and how far they surpass most of those of *invention*; and to that end they are provided abundantly, accessible to all, and within the known and visible laws of common intelligence.

Independent of this provision, I have to observe still more effectual and provident resources, *made and adapted*

adapted to the intention of alleviating and curing diseases of the human body. These are *nature's powers* and *nature's laws*; which are, or at least should be, objects of nice and careful attention; and are justly estimated to be wisely and wonderfully *adapted* to the relief and cure of *all diseases*, especially if they are not interrupted, by premature attempts, nor these efforts interfered with, by the too frequent and frivolous suggestions of medical practitioners.

These powers are various, and amazingly efficient, residing chiefly in parts of modern investigation and discovery, which are the absorbent system; instances of whose powers operating to salutary intentions, we shall notice with singular amusement and instruction.

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In the collection of nature's production of medical aid, we have to observe a great and efficacious provision of various combinations of mineral and fossil substances, held in solution, and suspended in water, found in great abundance in various parts of the whole known world. This matter is fully proved, not only by frequent instances of success, in curing disease, and in repairing it's consequent effects; but by two other ways of demonstration and proof, termed in science, *analytic*, and *synthetic*. The former, a separating and decomposing the different particles of which the whole is made up and combined with, and then examining them apart. The latter, by adding and compounding several articles of medicinal
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quality together, and rendering them fluid, by the common element of water. Nothing that is produced in this way, is I apprehend, adequate to, or of equal efficacy with nature's production; the preference to which is to be given, in every way, and to every intention of real utility.

It is observable, that there are frequent instances of great success, and great cures effected by these natural productions, when all other efforts have failed; and when indeed, none had even been had recourse to. This impresses the intelligent mind, with great ideas of their efficacy, and the excellence of this provision. In considering this subject, we cannot but notice with singular amusement
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and curiosity, the power which this simple element of water has, by holding in solution various constituent properties, that are vested in the composition of the earth, and that reside in vegetation; and this simple process, contains more powerful and efficacious principles, and in course a stronger preparation, than many which art and experiment have discovered.

To illustrate this assertion, we will produce the instance of quina bark, which gives off, and retains in solution, it's most essential parts in cold water; in which state it appears, from the history of it's discovery, to have been held
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out by the beneficent hand of nature, for the use of mankind*. After the slumber of two centuries, the period at which this invaluable vegetable was found, it appears, by experience, by fact, and by true observation, that simple cold water is it's most powerful solvent; and accordingly it's chief preparations

* At the latter end of the fifteenth century, the use of the bark was discovered, in the following manner. A man passing by a pond of stagnant water, (round which were the Peruvian bark trees growing,) with great thirst and fever; from an intermittent, drank freely of this water, which he found exceedingly bitter. It cured him of his fever, and this circumstance led him to communicate it's efficacy, which upon a farther trial, succeeded also. Upon examination it appeared, that this peculiar quality was communicated to the water, in consequence of some of these trees having fallen into it, and in course, certain parts of of them dissolved in the water, and held by it in solution.

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are in that way, such as it's extract and infusions, or tincture.

We find from the most accurate experiments and observations, that water is the most powerful absorbent of phlogiston, and fixed air; and that it not only takes these great principles of animal, as well as vegetable life, greedily up; but retains them in solution, in which state *only*, they can be applied to the great purposes of curing diseases, and of giving new vigor, to impaired life.

In imitation of this great and wonderful process of nature, we now find, an age of intelligence, that professional men, are employed in inventing *artificially*, the same thing; which in situations, where
nature's

nature's production cannot be had access to, furnishes an ample and successful fund of medical powers.

It appears, that the different constituent properties of fossil and mineral substances, as well as the calx of metals, give off their concentrated virtues to water, and are held in perfect solution by it; and in that way, fit to be administered with great success, in different ways. This process is to be quickened, and rendered more certain, by detaching the *phlogiston*, and fixed air; by which means we render a *disunion* of parts commonly termed *decomposition*.

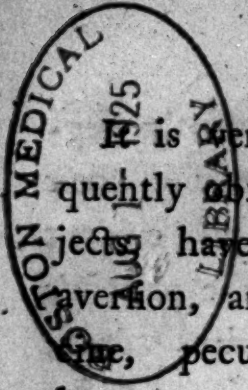
What renders these medical preparations of nature less thought of, and pursued, is the circumstance of their effects not being altogether *evident* from

from their slow progress, upon the human constitution, and joined to that, of their not being frequently pursued with strict attention, a sufficient length of time, adapting them, sometimes in greater, sometimes in lesser quantities, and sometimes giving a distinct period of remission.

If we take into our calculation, the persevering progress of a disease, whether it be an occasional, or chronical one, we cannot but observe, that the circumstance of the length of time, which elapses from it's first access, to the period at which these productions are had resource to, that it's progress must be such, as to require the hand of perseverance and judicious application, to effect a permanent cure. Hence, we find the best impregnated waters, both
natural

natural and artificial, frequently neglected and laid aside, because their powers do not produce an evident change, correspondent to the patient's wish, in twenty or thirty days; whereas the disease and obstructions have been months, and frequently years, in forming.

I have known instances, where the tonic powers of artificial medicine have been tried, for the intermittent and *proper fever*, unsuccessfully, for a long period; and where those of the natural combination, have succeeded permanently, by pursuing these some months, when the former had been tried a much longer time; which circumstance clearly makes in favor of the superior efficacy of the latter, when rightly *adapted*, and judiciously pursued.



It is very well known, and frequently observed, that particular subjects have sensations of choice and aversion, and impressions from medicine, peculiar to themselves; and hence we may evidently distinguish, that *morbid* stimulus will excite great variations, and very opposite symptoms, as well as *specific* effects; and therefore to *adapt* the treatment so as to succeed, must be an object of the next importance, to that of ascertaining the causes of indisposition.

SECTION II.

DIET or regimen constitute the chief and *only* true support of the human body, in all it's different states of progression, as well in that of health, as indisposition; and therefore a judicious and intelligent choice, in this instance, is an affair of singular consequence. All other appeals to medical resource, are occasional and temporary, and their effects fugitive and evanescent; but from this cause we have more permanent, and determinate ones. We therefore must regard this subject with singular

exactness and attention, in order to form just calculations in favor of health, and longevity as well as the best, and most radical means to recover the former, when impaired and lost.

The habit of life in respect to regimen, so far as regards the possession and attainment of health, can *only* be known by attention and observation; attending to effects will direct your decision and judgment; and a single fact in that instance, surpasses every distinction of science; *à priori*. The evidence of sense and feeling should never be relinquished to the wit or the invention of men; and however extensive their knowledge may be in other instances, if they attempt to interfere in this, we may be assured that it is very defective.

Till

Till experience and observation gives us opportunities of learning; we must take the best guides at hand, which are no better than *theory* and *conjecture*; whatever *authority* and *sanction* they pass under. Hence it is observed that at forty, a man in regard to what supports him best, must be able to decide for himself; he is *aut stultus, aut medicus*, either a fool or a doctor. True knowledge in every respect, but particularly in that of the human constitution, can arise only from simple fact and observation, and does not depend upon any other talent, than that of common intellect directed to these objects.

In the establishment of human policy, in respect to society, it is inconceivable what a source of mischief

chief and actual disease, arises from the circumstance of stated hours, and appointed periods for the administration of this *support*, and *comfort* of life. From *ill adapted* times, improper quantities generally follow, as connected and certain, as one extreme begets another. The stomach, and indeed the whole intestinal parts are vested with peculiar powers and sensations, which should be consulted and appealed to as criterions to guide our choice in respect to diet; and they are in their nature, as well as functions, salutary laws, and ought to be attended to in every situation of health. Natural powers are not to be estimated nor guided by the fetters of custom; or manacled by the general rules of society; no more than the influence of pain or pleasure,

upon

upon those of the intellectual faculties.

It must be decidedly wrong in a common state of health, to fix and rest upon rules and calculations in this affair of diet, as they must be adapted to the natural powers, and to them *only*; but in that of indisposition, when we have one of the most vital parts of the body, which is the stomach, in a state of debility and convalescence; when it is offended and indignant, to be confined either to time, to quantity, and to quality, without regard to the salutary indication of choice; is a measure better adapted to *pull down* than to *build up*; more effectually calculated to destroy, than to renovate; and more successfully employed to render a *poor* situation of health miserable,

than to make it either accommodating or comfortable.

Medical policy in adopting a system of diet, so far as it goes to the exclusion of the common and general supports of life, is the most defective and contemptible, as well as nugatory in itself. The general irritability, induced by disease, will certainly be *increased*, and not diminished, by a hasty or injudicious abridgment, of the common necessaries and comforts of life; and hence great regard must be had to the means of keeping up, and supporting the patient; so that nature's intentions may be soon got at, or pointed out to us; and her powers must neither be obstructed, nor interfered with: in this case the disease will more readily come to it's crisis, and
determi-

determination. It appears from every observation and fact, that such are the powers of the stomach in all states, as to render the most simple and uncombined nutriment, the best adapted to it; and hence, the less succession of things to eat at the same sitting, the more evident probability of our not encroaching upon the first feelings of satiety, and of course, the best way to avoid all excess, and surcharge, the foundation of great mischief.

The more pure and unmixed all nutritious parts are, the more likely they are of producing salutary support; and such as these always excite less irritation and stimulus, by not being long retained in the stomach indigested. The process of decomposition, which all food must undergo, before it can give off nourishing powers,

ers, is more simple and sooner performed, and with less difficulty to the stomach, if the alimentary substance is of the native kind, and no other change given to it, than that of softening its parts by the common heat of water and fire.

The vital principle, animal heat and *phlogiston*, is produced by the process of the dissolution or digestion of all substances, whether animal or vegetable, as both prove to afford very considerable quantities of it. Hence we find this fail in cases, where the aliment remains upon the stomach, without this *specific* change. Both kinds of substance, in this state, cause morbid irritation, fever, and depression; for no recruit of vigor, health, and spirit, can be produced, unless great quantities of fixed air is detached
in

in the stomach, by the process of digestion, and this *vital* fluid, conveyed to the blood, for it's life and support.

SECTION. III.

EXERCISE is another resource of health, and seems to be one, to which nature has a variety of powers adapted. But in this we must make a very material distinction; and it must therefore be considered, in a two-fold view;—natural and artificial. Every situation of health requires it, but in some, the natural powers of the body, cannot be employed to procure it, and hence others must be devised, as nearly correspondent to them as possible.

It

It is observed by anatomists, that muscular parts particularly become pale, decayed, and in a manner inorganic, by a want of motion; that when this is had recourse to, they resume the red appearance, which nature originally gave them. Tone and strength, action and elasticity, in every internal viscus of the body is also acquired when lost, and kept in a state of preservation, for health and long life, by the same means. It is evident in considering the structure and formation of the human body, that all it's parts are adapted to, and fitted for exertion, which is particularly necessary, to preserve them in a state suited to their salutary offices and secretions, in which state *only*, they may be considered in a state of utility and health

Different organs of the body not only become incapacitated from performing their functions, from a want of due exercise; but dispose themselves to obstruction and disease; and some parts have this disposition so distinctly, that it is hence requisite they should be subjected to additional or extraneous exertion, which the general system may not admit of, without evident hurt and disadvantage.

This kind resource of nature; this intelligent disposition of it's organs, constitutes a power, to oppose the influence of disease; and if it is judiciously managed and directed, may be made abundantly productive of health, and long life. It is certainly left to the consideration and intel-

intelligence of man, to proportionate and direct this instrument to it's right intention and use, so as to produce beneficial effects.

Great regard should be had, while we are using this power to a precise intention, that we do not expose the subject, to acquire another complaint, and render that case complicated, which was not so when this treatment was suggested. In every state of indisposed health, there is frequent change and risk of increasing cold, as well as heat; not only from deviations in the atmosphere, but also from the circumstance of *some*, and indeed the most *vital* parts of the body, being more accessible to these changes. Independent of this, we are to estimate and consider, whether
the

the exercise is to be natural, or artificial; whether of the whole body, or topical; and whether in the common, or corrected atmosphere.

This affair so far as it regards medical treatment, comes to us, particularly recommended by it's amusement and pleasure, in passing away time, and must, independent of these advantages, impress us with strong ideas in it's favor, as we have hence, not only the prospect of bettering our condition of health, but also the evident one of innocent recreation, which is chearful and pleasing.

The salutary effects of exertion, must greatly depend on the condition of the stomach and first passages, in regard to the different states of *repletion*, and *inanition*; and this also must be estimated

mated by the state of the subject, at that time, and at that *only*.

The habit of body indicates both the time and quantity, *cæteris paribus*, that is, if no unequal circumstance interferes. The gross and flatulent subject should use free exercise, in the early part of the day; at least in that state when there is no food upon the stomach, and when the bowels have been previously evacuated. This period is usually in the morning, and generally is the most remote from repletion.

In the exhausted state of life, and where the habit is spare and deficient, there should always be something in the stomach to support it, and give sensation of life and vigor; and hence exercise will be best employed,

ployed, at not a remote period, from dinner, particularly after every refreshment.

In no one instance of regulated life are we to regard, any measure before this, in respect to *sensible effects*. It will be certainly found, that the exercise of plethoric subjects should be adapted to a state of empty *viscera*, and the reverse, to those that are of a debilitated infirm state of health. Such as have weak organs, and defective powers, sustenance should precede exertion.

It is observed that those who have complaints of surcharge and oppression, either of particular organs, such as the lungs, stomach, and bowels, are most essentially relieved by *evacuants*, and abstinence; and increased exercise,

cise, upon empty *viscera*, is adequate to evacuations, with this *essential* difference in it's favor, that the latter is an agreeable employment, requiring a little retrenching, attended with permanent good effect, while the former is *only* palliative.

It is in this view, that cold bathing is recommended in the morning, when the internal organs are most at liberty to receive the *tonic* powers of elasticity, and increased pressure, whereby debilitated parts will be essentially restored.

SECTION IV.

FRICTION in every mode of application, from the touch of the hand, to the vesicatory, includes a very material part of natural medicine, and has very great powers both of relief and cure in sundry cases of ill-health.

A very noble author * observes, that motion and warmth, both of which friction produces, draws forth

* Lord Bacon.

into parts new organization, and new juices, as well as fresh circulation, and hence must conduce to vigor and longevity.

Another writer * of great eminence, who took his ideas from fact and experience, justly observes, that the flesh and conditions of animals, as well as their milk, depends upon the quantity of friction used daily, and that with a much less quantity of food they are in better condition, with it's use, than with double the quantity, when it is neglected. In some parts of the world he relates, that they cure colds in every stage by it, and chronical diseases by the same means, aided by the interposition

* Mr. Boyle, Philosophical Transactions, Vol. I.
No. 12.

some other body, usually called
inunction.

Dr. Beale * relates singular successful cures, performed by the application of the hand, in the mode of friction, and hence, observes with great propriety, the success attending the warm tongue of a dog, in licking a tumor, or obstinate ulcer; and it hath been evidently conducive, to solve the obstruction, and heal the sore.

In the use and application of this treatment proper regard must be had to a smooth or a rough surface, to a hard and soft, as well as to an easy one to that of an unequal and difficult one. Thus for instance, over

* Philosophical Transactions, No. 13, Vol. I.

parts that are ductile, and give way to pressure, and are of unequal surface; there should be the application of elastic, soft, and compressible friction; for, without it, the motion of the two surfaces cannot *adapt* themselves to each other; and actual warmth must be occasionally added, to that which is attached to, and attends upon motion. If obstructions be formed either in deep seated, or superficial parts, they may be both effectually removed, by friction and motion; especially in the latter, aided by some fluid, that has the power of facilitating it, and of being quickly absorbed.

An internal organ will receive great effects from this cause, but in a more latent manner, and a less sensible one; chiefly by the power of communication, usually called sympathy.

In many instances we have so much debility, and convalescence; and the subject is so very irritable from age, confinement, and a long continued illness, that general exercise and motion, is inadmissible; and hence we are furnished, with a very excellent substitute, and in many cases the best. In the extreme parts of the body, and it's surface the skin, we frequently lose of sensation, of vital warmth, and motion; all of which may be certainly restored, and kept up by the artificial motion of friction.

It is observable, that the skin, especially in gouty subjects, will often be very *distractile*, and not suffer any thing to *exude* and perspire. In such instances a very successful mode of friction may be adopted, by enclosing

in an oval box, with many perforations, a heated sponge which has been dipped in hot water and vinegar. This box is to be covered with flannel, and applied in the form of a brush. The vapour will plentifully diffuse itself, through perforations of the box, and through the flannel that covers it; consequently upon that surface, to which it is applied, and by the friction, aided with the effluvia, will induce a moist skin.

In many cases, the hand is the best adapted to excite warmth and perspiration, but that must be applied to such parts of the body, as do not yield much to it's action and pressure; and hence it is not calculated to any part of the trunk, below the *sternum*. A mixture of equal parts of oil and brandy, combined together, by shaking

king them in a phial, will form a very good medium, to facilitate the motion of one skin upon another, as well as tend to excite more sensation by friction.

In cases where the primary and vital parts, such as the stomach and bowels, are much subject to irritation and atony, hence arises indigestion, flatulence, and spasm, nothing can dispose to restore the lost elasticity, and action of these parts, so much as frequent friction, adapted to the compressibility, and unequal surface of that part of the body.

Too great, or too little derivation of vital heat and circulation, will occasion very distressing sensations in in these parts of the body, and frequently give origin, to many symptoms

toms correspondent to those of actual disease, and which, too often, are mistaken for it. Perhaps nothing is so well adapted, to give these organs their proper tone, as the various methods of friction.

It appears to be no difficult arithmetic, to understand that the different organs of the body, have powers *peculiar* to themselves; and hence it it must be evident, that when they are in a state of indisposition, the method of treatment must be directed to them *only*; whether it be *topical* or *internal*. We shall hence be led to observe a very material distinction between this which is local, and that of a general doctrine of diseases.

In estimating the effects of any one primary, or original complaint; we
must

must be led to consider the organ to which it had the first access; and then we shall be *right* and *successful*, in the application of the treatment. Thus for instance, in the case of cold, and no disease perhaps is more frequent, nor does any constitute the latent causes of so many diseases; we are to consider what parts of the body, are most accessible to the common effects of cold; that is in other words, what parts are least protected from it. Membranous parts unquestionably; and such as lie most in contact, with the state of the common atmosphere: such are the common passages of the head, the *trachea* or air passage, the *meatus auditorius*, the *æsofagus* and *stomach*, together with the intestines, kidneys and bladder. Primary parts that are affected, ought therefore to be the first objects of medical treatment,

ment, in order to obviate the symptoms in their first instance, and to prevent their farther progress.

It is very well known to common intellect, that those glandular parts about the neck, which go into a state of inflammation; the first upon taking cold, have been recommended to be well rubbed, with a view to reduce them; and if you please, with *fasting spittle*, which will facilitate the surface of one *part* upon *another*, if it does no more. It is sufficient to our present intention, to observe that it generally succeeds, and there can be no doubt, but that it will in more frequent instances.

We have observed from the authority of Doctor Beale, that friction is applied with particular success, in the
 Brasils,

Brafsils, for the cure of all difeafes; that of the violent inflammatory, fuch as colds, coughs, and fevers, in the common method of friction. In cafes of the complicated kind, ufually called *chronic*, with a foft medicine, fuch as ointments, liniments, vapours, &c. And it is related, that the inftances of fuccefs are general, and frequent.

SECTION. V.

IT is now to be considered, what may be the most judicious and accessible method of treating successfully, particular organs, which have been long subject to disease, irritation, and morbid affections.

In long continued indispositions, the subject becomes tired, of the common methods of medical direction, from circumstances of disgust, and natural inquietude, as well as from a want of change; and hence, custom has adopted, and almost reconciled
the

the mode of sending the patient to places for a *recess*, such as Tunbridge, Buxton, Cheltenham, Bath, Malvern, Nevil-Holt, &c. &c.

Perhaps there never was a better invention to succeed, in every way essential to salutary intentions, provided the *seat* of the indisposition is ascertained, and the actual powers of these natural medicines exactly known. Without the possession of this knowledge, together with a just estimation, in regard to the time, and growth of the disease, as well as to that of the powers of the medicine; this pleasing and accessible resource, will be sought after in vain.

The time within the period of the twenty-four hours, best adapted for drinking these medicines; the quantity, and

and above all, the *effects* of them constitute matters of consideration, and of real importance; together with that of estimating a time for their use, adequate to the existence, and duration, as well as progress of the disease.

Human health can never sustain more mischief, nor greater depredations, than that which happens in a state of disease in the *stomach* and *primary intestines*; the office and use of the latter, being correspondent to that of the former. Various and truly distressing, are the symptoms arising from primary affections, of these material and vital parts. Gouty complaints in all their variety of attacks, piles, &c. are only so many symptoms of *atony* and *incapacity*, as well as *irritation* of these organs. Indigestion producing every mischief

to these material organs, as well as a total defect of nutrition, together with obstructions in the dependent, and adjoining *viscera*, are pathognomonic symptoms.

To enumerate and instance the multiplicity of ill-health, arising from this simple origin, would be an endless, as well as an indignant task; we shall therefore mention what is evident to every state of intellect, from the philosopher down to the idiot; which is that every page of writing has been examined, and the assistance of every medical practitioner sought, from the most eminent physician, down to the illiterate *charlatan*, in order to alleviate this complication of human misery.

The powers of friction, together with that of other exercise, joined to the liberal and continued use of these restorative waters, which have for their basis, and constituent parts, fixed air, holding in solution metallic bodies, afford by far the most successful treatment and cure, for all chronic disease:

I wish to define my expression in this instance; by chronic disease, I mean one brought on and fixed, or rendered permanent as it were, by occasional and frequent attacks, originating from accidental causes, not dependent on, nor connected with any defective structure of particular organs.—By way of illustration: If a patient has got what is commonly called a bad state of health, from frequent attacks of cold, fever, indigestion,

G 2 vertigo,

vertigo, weak bowels, &c. a tender irritable constitution, and this combination goes on from time to time, so as to produce a state of debility, weak spirits, and a general want of vital powers, and a derangement of sleep. With this state of health, which I should call a morbid constitution, after some fruitless efforts from artificial medicine; it is decided that recourse shall be had to some particular water of medicinal powers, as a probable method to restore health. This is an important period for directing a *con-
currence* of treatment for succeeding; and here we shall have to observe the intelligence of the physician, in directing the attention of his patient, so as to insure success. We will therefore *specify* a few general instances, *adapted* to prevailing cases.

In cases of debilitated organs, such as flatulent weak stomach, with irritable weak or obstructed viscera, arising either from age, or an impaired constitution, which is the same thing with respect to effects in a great measure. When the natural powers of the body, are not adequate to nature's intentions, and nature's laws, whether the case be called gouty or not; I know of no treatment so judicious and well *adapted*, as that of taking from the natural fountain, one, two, or three pints of water, every twenty-four hours, for six or nine months. Sometimes that of Buxton, sometimes that of Tunbridge, and sometimes that of the Bath.

Nature has been intelligently kind and beneficent, in regard to the structure of some of these situations, being

wonderfully adapted in themselves to a state of indisposed health. They are high, situated upon chalk and marle, which diffuse no moist *effluvia*, and are therefore in a state of more *divided* and *equal* atmosphere. A tender state of health requires this situation in a very essential manner, and *nature* hath here, as she does in other instances, kindly anticipated the care of *art*.

Buxton appears to be the *first*, though nearly the *least* of the accessible methods of natural medicine, in this country. It is justly termed, by a very intelligent author*, the Anglo-Appenine, in regard to situation and production.

The native warmth, excited in the structure and combination of the

* Dr. Pearson.

earth, by which the waters receive their impregnation and efficacy, is particularly sensible and great, by which means it appears to hold in solution, at the fountain head, very great and efficacious powers; and these were certainly known, and held in great estimation, at a very remote period, when a great queen*, famed for literature, as well as beauty, who visited this famous production of nature, gave this expressive description of it.

*Buxtona quæ calidæ celebrabere nomine Lymphæ,
Fortè mihi, posthac, non adeunda, vale!*

In Camden's time, the post way or high paved street, named Bath-gate,

* Mary queen of Scots, who in imitation of Cæsar, in describing *Feltria*, composed the above *disfichon*.

which extended seven miles, was particularly noticed as being a vestige, of it's ancient use, and celebrated efficacy, and Philemon Holland, the first translator of that famous writer, reduces the above Latin into English, in the following expressions.

" Buxton, that of great name shall be, for hot and
 " wholesome bain,
 " Farewell, for I perhaps shall not thee ever see
 " again."

The event of this anticipation, proved as prophetic to the queen of Scots; as the like did to Cæsar, when he wrote in a similar way, at *Feltria*.

SECTION VI.

THE restorative and tonic powers of these waters are very great, and cannot fail of producing very eminent instances of success, if their use be continued with a regular persevering hand; and the intention properly concurred with in other instances. Obstructions of the worst tendency, those of absorption particularly, will be totally reduced, by drinking them liberally; and the impaired organs, will be perfectly restored to their tone of action; and their

their natural functions resumed, by their deobstruent powers.

We have frequent instances of debilitated organs, and many troublesome symptoms attending subjects, from 50 to 60 years of age, which precede a state of general disease and decay. Such as indigestion, flatulent stomach, jaundice, gout, piles, &c. These complaints if not obviated and removed, entail a lasting state of impoverished health. Under such circumstances, perhaps no medical resource is adequate to the slow, but effectual powers of those natural combinations, residing in these waters. Their constituent properties are such, as are allowed by the universal testimony of the first practitioners, to be favorable for restoring impaired organs; and for resolving obstructions, particularly those

those of the *chylopoietic viscera*. Very considerable quantities of iron, are held in a state of solution by fixed air; the first containing very considerable powers, of the bracing and tonic kind; the latter very *specific* ones of acting upon, and of being received into the most minute parts of the vascular system; and these being united to other medicinal combinations, a power is formed sufficiently efficacious, to restore the lost and debilitated organs of the stomach, and it's appending viscera, to their natural tone and action; and, to concur with those salutary powers, which reside at all times in the body, in restoring it to perfect health.

Piles are a frequent attendant on decayed health, and distinctly prove debilitated parts; and no treatment
is

is so successful and efficacious, as the very reverse of that which is usually employed. Riding on horse-back, or any motion adequate to it, is certainly the best cure; and the effect of this is, to give a *tone* and *action* to the relaxed parts, by which means they will resume their natural situation, office and powers. It must be evident to every one, that easy laxants are necessary, and to be used at this time. If there is great pain, and symptoms of inflammation, the application of leeches may be useful, where they have been much neglected; or that of the Saturnine Wash *cold*: as this preparation, like all others from the calx of metals, appears to have considerable affinity to *phlogiston*, and by that power *only*, it abates in a *specific* manner, all inflammation.

A single fact from observation and experience, is really worth a thousand reasons; and in this instance, violent exercise, most certainly succeeds the best; and that of riding on horse-back, is the most accessible.

It happens in this instance, that fact and reasoning, correspond in respect to the use of the Saturnine Wash. The first is proved by experiment, and the latter is illustrated, by observing that there is a power of attraction, or what is called *affinity*, between this preparation of lead, and that preternatural heat, excited by inflammation. But it is of more consequence to mankind, in the helpless and forlorn state of disease, to cure them by an observation derived from experience, than to state a long train

train of reasons or distinctions, even of the best kind.

In the case of flatulence and indigestion, arising, as it always does from debility and irritation together; with frequently an inflammatory disposition, as is evident, from sensations of heartburn; I know of nothing so judicious and right, as to give this *offended* and *indignant* organ, but little or no trouble with food. Leave it to its own efforts, and it will prove to be the best doctrine to *abstain*. In gouty, and asthmatic cases, we often hear the patient declare, that if they could live without eating, they should not want the Doctor.

It is so essentially necessary to keep the stomach with very little support, of solid and nutritious food, such as
 produces

produces heat; that we should devise some method to take off if necessary, it's sensations for it; in order to obtain a cure; and I can point out one, where I have seen, not only an asthmatic cured, but one complicated with dropsy, and in this instance we may remark, the wonderful salutary power in the human body; which a learned author* has given a particular name, † that is ready and will exert itself, in the cure of the most diseases, if left to its own efforts. The presence of food in these cases, independent of every thing else, is certainly *nugatory* and *pernicious*, and defeats it's own intention; and hence the desire for it should be prevented. In the instance I have to relate, the

* Dr. Nicholls.

† *Anima Medica.*

patient,

patient, like the late Dr. Macauley, had relinquished every hope, except that arising from *starving*. He always kept chewing either Turkey figs, or Muscadine raisins, without intermission. Sweet things are satiating, and it proved so in this instance. Morning, noon and night, the patient was chewing, and sometimes swallowing the pulp; sometimes ejecting it. The desire for food vanquished totally. He had not a sensation for it. The failure of strength, was obviated by less exercise, and in ten weeks time, the disease was radically cured.

A great deal of speculative theory, and reasoning might be offered, upon the face of this successful case, but I shall dispense with it, except observing that we have an instance of very rapid absorption, of watry dropsy, and

and a cure performed in a very short time, in a very eminent author*, whose sagacity and candour, surpasses even his unrivalled reputation. This critical effort of nature, succeeded in as many hours, as in the former case took weeks; but it must have happened through the same means, and by nature's own powers. It appears to me, that this patient who chewed a great deal, in course must have sent a great deal of *saliva* into the stomach with his figs and raisins. This secretion is known to possess singular properties, as well as particular powers. How far it's *stimulus* might tend to excite the absorbents to action, is a matter I leave to the decision of others. The asthma I

* Dr. Mead, *Monita et præcepta medica.*

take to be carried off entirely by the abstinence, and, to have been totally distinct in it's mode of cure, from that of the dropfy.

It is evident, that asthmatic complaints must arise from a surcharge of vessels, consequent of repletion, and so do a great train of other diseases; it is clearly so in this, from the relief obtained by increased secretion; by frequently evacuating the stomach; and by the beneficial effects of *abstinence*.

A most eminent physician of this age*, has acquired infinite reputation and success, in estimating this affair of food, as a cause of numerous

* Sir Richard Jebb, Bart.

diseases, and to the honor of his intelligence and sagacity, regulates his rules of practice by dealing out liberally, the occasional doctrine of *abstinence*, and frequently forbids with great propriety and judgment, animal diet, and also solid food.

often convey very different and rational intentions, well deserving to be held in remembrance and use. We frequently hear people say, that such food as rice, barley, &c. &c. breeds phlegm, and makes them short-sighted. The fact is evident, and has the full testimony of scientific calculation, as well as that of simple observation.

We constantly find specimens of diseased digestion, in such subjects as have irritability and asthenia:

SECTION VII.

ORAL and *traditional* expressions often convey very distinct and rational intentions, well deserving to be held in remembrance and use. We frequently hear people say, that such food as cheese, bacon, salt meat, &c. breeds phlegm, and makes them short breathed. The fact is evident, and has the full testimony of scientific calculation, as well as that of simple observation.

We constantly find specimens of an unfinished digestion, in such subjects as have irritable and asthmatic habits ;

habits; days and even weeks after too much animal food has been taken, together with troublesome symptoms intervening. This clearly indicates the frequent necessity of a spare diet, as well as that of emeticks. Not only the natural evacuations will be prevented from this cause, but also the secretions impeded by it. I know an instance of long standing, where if the stomach and primary organs have been inflamed, and irritated with improper food; the patient has not the usual secretion of urine, till the offended organ is relieved, which proves always to be surcharged.

The gout, which is allowed to be a temporary inflammation; and is probably that *only*, but particularly circumstanced; and like fever, may be justly defined by the name; is,

variable in it's form and modes of access, by the various circumstances of the subject, and is best obviated by a total restriction of animal food; or at least giving it in such small quantities *only*, as to prevent stimulus and irritation; for the stomach in all such cases, appears to be in a state of inflammable irritability. Hence dejection, heart-burn, flatulence, constipated bowels, &c. Fixt air combined with water, either in the natural state, or that of impregnation; affords a pleasant and accessible remedy, and a very efficacious one in the gouty fever, and inflammation. It's powers are tonic, and it discharges all the confined air from the stomach, which by being retained, causes a great deal of uneasiness, eructation and heat. It's tonic powers render it peculiarly grateful, and refreshing to the patient,

and

and it's passing off by a quick secretion; it attracts and carries with it, a great deal of heated stimulating lymph from the blood.

When the gouty inflammation has taken up it's residence, in the remote parts of the body, it will admit of a very successful, as well as expeditious cure. If the parts are enveloped with flannels, moistened in the warm saturnine lotion, prepared with hot water. It is a certain and established fact, that the calxes of metals, particularly that of lead, have an affinity with *phlogiston*; in another word with inflammation; and consequently attracts it in a rapid degree. Hence if the flannels are changed as often as the warm fluid evaporates, the pain, inflammation, and swelling, will be

H 4 radically

radically cured; and without any one risque of it's being premature.

There appears to be something exceedingly frivolous and contemptible in that system of calculation, which has been so much fangled, and introduced in regard to the power of gout, in carrying off or preventing *other disorders*. The fact is, we see the gout like all other diseases, in it's simple and complicated states; we see it without, and we see it combined with other complaints. We also observe other disorders precede and follow it, and which are neither brought on, nor cured by it. It certainly is no other disorder, but that of a texture, with those of the occasional and symptomatic kind: and like others of this denomination, is sometimes slow in it's attack and progress;

progress; sometimes sudden and violent, and sometimes of a long or a short duration; depending upon other circumstances of health, time of life, cold weather, and various pre-disposing and concurring causes.

There is one thing obvious in the care and treatment of this disease; and which unless it is exactly regarded both by the Doctor, as well as the patient, must render it additionally complicated. This is to estimate and consider other circumstances; such as the life of the patient, and the common or general complaints. Unless such affairs as these, are brought into recollection, I will be forward enough to affirm, that the sequel of the treatment, will be correspondent to that of the *blind* leading the *blind*.

SECTION VIII.

CALCULI, or stony concretions, are frequently attendant on gouty subjects, and especially those towards the declining part of life, and often arise from debilitated organs.

Whatever passages or cavities they form in, whether in the joints, or interstitial parts; whether in the kidneys, or bladder; they originate from, and are constituted of, the same matter; and from a particular *Diatæsis* in the habit. All formations of this class are the same,

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except those of bile. Bilious stones are formed of bile concreted, and nothing else; whereas the gouty concretions, those of the kidneys, and bladder, are formed by a combination called *selenite*, which is a union of acid of the vitriolic quality, and earthy matter. There can be no doubt, but that a habit of body, in this state, may be as completely and radically cured as an intermittent; if the intentions of cure are *adapted* and followed *up* by exact attention. It is impossible to instance and enumerate the treatment upon paper: for tho the disease is *specifically* the same, with respect to effecting this singular production, yet various causes concur to produce it, and these must be objects of inquiry and attention. So far as regards medicine, we have to observe, that the fixt vegetable alkali, such as the salt of tartar, taken
in

in a state of solution, twice in the twenty-four hours, in the quantity of thirty grains, will *tend* to prevent the future formation of *calculi*, as well as to dissolve those that are already formed. The *process* of it's *operation* and effect is exactly thus. The vitriolic acid, which is observed to be one of the constituent parts of the calculi, will be attracted by, and unite with, the alkaline salt, by *affinity*, or chemical attraction; and thus the combination, which formed the substance of the stone, is broken and dissolved. The earthy parts are again detached and loosed, and the union of the vitriolic acid with the fixt vegetable alkali, forms a substance perfectly soluble, and not admitting any tenacity of parts. Here then is an evident cure for the calculous

culous concretions, so far as regards a *solvent*; but that *alone*, is not adequate to it's being radical. To effect this, it must be estimated, how far the organs of digestion, absorption, and secretion, perform their respective office and function, and in what *respect* they are defective or redundant.

SECTION IX.

THERE is no circumstance in life, that affords so plentiful a source of indisposition, is so various and complicated, as that which arises from the cause of common cold. Nothing is more easy and accessible than the means of preventing this, and nothing more distinctly obvious, than the treatment it requires; so as to prevent it from leading to the common consequence of *defluxion*, *catarrh*, and *pulmonary* consumption.

Atten-

Attention to habits of life and dress, is not adequate to the variety of atmosphere, or even to it's sensible effects; but to consider, which way we are most accessible to cold, what parts of the body are most exposed to the atmosphere, and in contact with it, and to direct our care, to these *alone*, is an affair very intelligible, and perfectly within access.

In very cold weather we observe, that the air, passing from the lungs in respiration, does not dissolve in the common atmosphere, and therefore neither diffused nor held in solution by it; but is condensed in a *column*, and as it were, precipitated, or kept suspended, so that we breathe the *phlogisticated* air a second time, especially, if we stand talking in the open atmosphere.

In

In this state of weather colds and inflammations are almost constant, unless we guard the common passages, in some measure adapted to breathe the atmosphere a little corrected: or having received this certain, and almost unavoidable effect, proceed to relax and take off, the inflamed surface of the parts, by breathing in rarified effluvia; such as the vapour of warm water at night, with a little addition of vinegar.

This simple and accessible treatment, will prevent the parts, which from their nature and situation, must have taken cold, from going into a state of inflammation, and consequent secretion; so that the cold will be obviated, and cured in the first instance.

The

The stomach, which must be considered as a primary and vital part, should be well protected in very cold, as well as very moist weather; by frequently taking a small basin of some warm diluting drink, and to sup it up, with as much vapour as possible. This will contribute to keep it distended as well as supported; whereby the access of cold, damp, or morbid air, will be in a great measure impeded; and I have no better security within my estimation, against the pernicious tendency of all diseased air, effluvia, cold, damp, &c. than that of keeping something warm constantly in the stomach.

We find farther additional advantage and security against cold in this treatment, which is, that it keeps

up a warm surface, and a tendency to perspiration, in all the extreme parts of the body; a very material circumstance, especially in the decline of life; as it is obvious to every degree of intellect, that if your feet are cold, the whole body is frequently chilled, by sympathy.

It is evident to every body, that if water is poisoned, it will poison them that drink it. We have frequently a foul, if not a poisoned air to breathe, and hence pernicious effects must follow, unless we use the precaution to prevent them.

Old people should never go out, either in *very* cold, or *very* moist air, and without taking warm broth, jelly, or some animal parts in a state of expression; and that frequently.

ly. In fact, in very old age they should take a great deal in this fluid state; and perhaps their whole sustenance, as it is best adapted to the organs of digestion, in this debilitated state of life. Hence it is received into the system, without so much *stimulus*, or giving so much time to digest, and to be conveyed to the intension of vital support, as it must occasion in the state of animal substance.

The gradual and evident wasting in old people, indicates a more frequent and quick supply of vital parts, and such as are *adapted* to debilitated organs; and hence we are led to observe, with a very great writer*

* Sir John Pringle, *dissertatio de marcore senili*.

and philosopher, that frequent repletion of food, which requires little digestion, is necessary to supply the defect, and decays of old age.

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SECTION X.

UPON lessening the quantity of solid food, in the case of exhausted powers, it should be allowed to be more nutritious; and hence jellys made of animal substance, and other animal expressed juices, are to be substituted.

Malt liquor, such as good ale, if it agrees, is certainly a very excellent drink, particularly at night. It helps to finish the digestion of the day, and conduces to sleep. It also disposes

to keep the bowels somewhat lax. It contains a great deal of fixt air of the best kind, being purely vegetable; and when not too old, it has a great deal of the mucilaginous parts of the malt, which are bracing and nourishing, and contain a great deal of support.

The horizontal posture, is particularly conducive to the support of age. A great deal of bed, is literally the old man's best cordial. In a state of indisposition from cold, this is a most material assistant to a speedy recovery.

Old people must be their own physician, by observation. A draught of warm cordial liquor at night, to procure sleep, is better than an opiate. If they are inclined to loose bowels
either

either from indigestion, or a gross habit, a little *abstinence* will be the best cure. Never fill the stomach at one time. Soft food, and boiled vegetables of the most nourishing kind; such as rice, broth, and asses milk. With this disposition of habit, lye a good deal in bed; but thin people, if not in a decline of life, should rise early.

The time best *adapted* to exercise, is after food, with thin exhausted people; and before it, when there is obesity. The vital parts, such as the heart and lungs, stomach and intestines, will be the least thrown into a state of irritation and fever in the latter when empty; but with the former subjects, those parts particularly the hollow *viscera* should be sustained, by the presence of food and nourish-

ment, and in that state *only*, irritation and fever from exercise, will be avoided.

Upon taking cold, the spare subject should have great abundance of *diluent*, with the horizontal position, which conduces greatly to a state of diffusive perspiration: but the corpulent should have less drinking and more rest, which will be adequate to the same effect; in which *alone* consists the cure.

In both subjects, and in all states of age and condition, nothing will dispose so effectually, to obviate and remove the effects of cold, as breathing in a warm and rarified atmosphere, and to this intention there should be a fire in the room where the patient sleeps, in very cold weather; especially

especially particularly if there be any disposition of *asthma*. These common passages of cold, such as those of the head especially if there be a difficulty of breathing through them; those of the chest, stomach, &c. are always inflamed. These parts should be steamed or fomented with vapour, either by breathing over the surface of boiling water, with one fourth part of vinegar; or by keeping a large sponge, dipped in the in the same every day, inclosed in a warm cloth, before the face and mouth, from which will issue a great deal of warm vapour

If costiveness attends age, it should be obviated with an enema, and not by a medicine taken at the mouth; unless there be evident appearance of the cause originating from the first passages.

passages. In that case, a small quantity of rhubarb and aloes, steeped in mountain wine, will make the best medicine, to most intentions of this kind.

The best way of preparing a medicine of this kind, will be to take half an ounce of sliced rhubarb, and two drams of socotrine aloes bruised, and steep them in a pint of mountain wine for six days, often shaking the bottle. One, two, or three table spoonfuls for a taking occasionally.

SECTION XI.

IT has already been observed, that the effects of common cold are such, as to lay the foundation of many dangerous diseases, in a variety of instances. Asthma and consumption in their various stages, constitute and make up the chief.

I am very clear from accurate observation, that *abstinence*, *diluent*s, and occasional *emeticks*, will succeed beyond every thing else devised; in obviating and eradicating these formidable complaints. This assertion corresponds

corresponds with reason and medical theory in every view. The stomach and it's passage, is always inflamed in these disorders; and therefore, altogether unfit for the reception, as well as inadequate to the office of digesting food. Hence it is perfectly nugatory, and pernicious. These parts being inflamed, as well as those concerned in respiration; they must in course, be in a state of *increased secretion*, in common language, full of phlegm.

Hence the obvious necessity of emiticks; though even these will not be so much wanting, if the first doctrine is *exactly* complied with. In respect to diluents, they contribute both to the support of life, and to that of *fomenting* the inflamed organs, by which means the inflammation
will

will be *abated*, and the parts *allayed*, by having their irritability suspended, and taken off. They farther tend to induce, and keep a *secretion* by the skin; a very essential way, to prevent internal inflammation from going on.

When the *evil* of ill-health, becomes habitual and familiar; we are led into habits of accommodating ourselves to them. I have known asthmatic and consumptive people declare, that if they could live without eating the disorder would be cured; or at least very supportable. If therefore, we can keep the stomach in a state, so as to have no sensibility of hunger; and no sensations to excite the desire of eating; I apprehend it may be an effectual means, to
obviate

obviate this unfortunate circumstance; and hence do an essential service to the patient.

It is frequently directed for stick-liquorice, raisins, and figs, to be prepared with *ptisans* in these cases. Suppose the patient is recommended to keep chewing these substances for a few days, almost constantly. The pulp, or constituent fibrous parts may be ejected, or occasionally taken. I am clear that the stomach will not desire food, but will be sated without it. If the drinks are farinaceous, and frequently taken, there will be very little diminution of strength; in consequence of this treatment, more than there must have been from the increased action, in the vascular system; and feverish *diathæsis*, if the reverse was admitted.

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The calculation between days and weeks, in the cure of indisposition, is seldom made by the patient, so that it ends well at last. But I will maintain both in fact and observation, as well as in theory and reason; that most cases will have a salutary termination with this treatment, in a very few days; assisted with warm cloathing and dry feet.

In this climate, where variations of atmosphere are so frequent; and when we can depend so little upon calculations, in regard to heat and cold; moist and dry; a still or a brisk air; I do not know so certain and excellent a preservative, against the effects of it, as that of protecting the surface of the body; by frequently, if not constantly, wearing a callico or cotton garment, and
sometimes

sometimes one of fine flannel next the skin; and also, wearing wool socks to the feet; which have a power of retaining warmth, and of expelling damp and cold.

As the affair of preventing indisposition of any kind, is far preferable to that of considering a cure; I cannot but observe, that if our attention be directed judiciously to the former intention, we shall have a much greater source of enjoyment, than by seeking the latter; and therefore shall take my leave of this part of my subject, by recommending the *security* of dry feet, and a warm protected surface.

SECTION XII.

THE revolutions of seasons are periods, when particular regard and attention, ought to be given to the habit of living, in a *state* of *variable* health, as well as to the covering of the body.

We ought to be particularly diligent in the vernal period, with regard to both diet and cloathing, as well as to situation; as some of the latter are decidedly more in favor of health, particularly in a state of old age, or infirmity, than others.

The most important precaution I know, is that of getting to bed
K early;

early; as the damp and cold, from the evaporation of the surface, is considerably increased at night. Next to it, to take a light diluting supper, and that not sparing; in order to keep the stomach supported, during the long night; and to keep up a proper warmth in the extremities, and a *lax* surface. This state will constitute the greatest security and preservative, against the common cold, and inflammatory disposition, so prevalent in the vernal months.

A greater quantity of boiled vegetable food, than animal *cæteris paribus*, will be best adapted, on account of the general prevailing cold easterly winds, inducing an inflammatory state of fluids, joined with liberal diluents. To obviate symptoms of inflammation,

occasional bleeding must be had recourse to. Keep as much from the common atmosphere as possible; except when the sun shines, and then use exercise in it, as much as is compatible with strength. The exercise must be of the kind that is most accessible, and best adapted in regard to the two-fold effects of being *agreeable*, and *agreeing* with the constitution of the subject.

As to situation, it ought at all events, to be as free from moisture and exhalation as possible; and to this intent a little elevated, and not near stagnant water or *swamp*, the better. The vicinity of London, affords several situations, very favorable for this purpose. Kensington, Brompton, Chelsea, and Fulham, are sheltered, by the surrounding ridge of hills, and

in course, the severity of cold from these eminencies much avoided. In favor of these, there is the additional circumstance of a sandy soil, from whence there is less evaporation, and these places are accessible to London. Occasional resorts to these places in the vernal months, will certainly be advantageous in every respect; as we observe that early vegetation, and returning life, appears more early considerably, than in the more easterly and northern parts. I have observed the double-blossom'd almond tree in bloom at Chelsea, at least a month or six weeks sooner than at Hampstead, Hendon, or Kentish Town. This circumstance clearly indicates a favorable situation, to a state of tender health; in favor of a warm, as well as dry a atmosphere.

Independent.

Independant of this evident advantage, there is that of it's being a change; amusing, accessible and pleasant; and like all other pleasures not to be thought of, nor sought after too often; being conceived to be requisite, at one part of the year only, that is the early spring. Changes of situation, so far as they contribute, either to amusement, or health, must be chosen with care and delicacy. Their choice must depend a great deal upon circumstances of health, and even with it's possession in the best state, they must not be resorted to very often, or to satiety; otherwise they will defeat their own object and intention. Dr. Mead*, has a

* *Voluptates commendat, varior usus, Monita et Precepta Medica.* Page 306.

very just observation upon this subject, and intimates how we are to *adapt* this resource, which the bounty and intelligence of Providence has thrown in our way, so as to be productive of it's right use, and happiness to mankind. It has often been an affair of amusement, and pleasure to me, in observing the frequent good effects of removing a person of weak and indisposed health, to one of these situations; particularly in the early months of spring. Change of object; change of air; change of things to contemplate, and other variations; all contribute something in favor of the patient; and when it is considered that this something is not to be found, but by this change; I apprehend that the propriety of the measure, is too evident, to require farther demonstration and proof.

After

After the vernal period has advanced; as is usually the case in the month of May; then the atmosphere will be rendered better, for a farther advance into the country, to meet the soft and sweet effects of vegetable life, in all it's various operations, and salutary progression; and to retire from it, when that period of vegetable life and health is at a recess, and temporary end.

SECTION XIII.

IN the autumnal periods we have to observe, that an early recourse ought to be had, to additional warmth upon the surface of the body, with a view to obviate, and to prevent that *sensible* change, which must and does take place, in the common atmosphere.

Early fires in autumn are particularly necessary; as we are to consider that the occasional damp, and vapour arising from frequent rainy and moist days hath never been rarified and
done

done away by fire, in the summer season; so that there is always an accumulation of damp air, in moisture, partly from that of the night, and partly from that of moisture from rainy weather: and sometimes cold with it. We are likewise to estimate, that the evenings beginning to get longer, there is less sun, and consequently less dry air: and hence we become obstructed in the surface, and chilly from the absence of the sun; and from moist air collected and condensed upon the surfaces of paper, wainscot, and plaster rooms. This circumstance makes up the chief source of colds, and feverish indispositions, which we find attendant on those that have a mixt residence in town and country. They come to London, to inhabit damp walls, damp floors, and frequently new painted rooms, not sufficiently

sufficiently exposed to sun or dry air. Hence we find, that as soon as they come to live in town, they are indisposed with the effects of cold, in some way or other. Local pains generally called rheumatic. Intermittent fevers, usually called autumnal; for no other reason, than that they are contracted from this circumstance in respect to time, which in regard to effect, would be exactly the same at all periods of the year.

Opthalmies, and head aches, I have observed to originate from this cause, which with others, sufficiently indicate a careful attention to this period of the year.

To bring the habit of body as near as possible to the same sensations, and to keep it in the most uniform state,

state, is the most material part of attention, in order to enable it to pass the different progressions of seasons, with as little deviations as possible; and these by gradual and imperceptible progressions.

The stomach has particular powers of sympathy and feeling; and I have frequently observed, that it is the first organ to intimate the approaching season of moisture and cold; and by an early attention to the state of this organ; I have clearly seen worse consequences anticipated. It appears hence that stomach evacuants, are particularly necessary in this season, as well as gentle tonicks. I believe they are; and therefore recommend them.

But the most careful attention ought to be paid to those consequences, that
always

always attend a diminished evaporation by the skin; such as cough, asthma, and surcharged lungs, together with a prevailing disposition in the bowels, to laxity and *diarrhæa*.

The increasing elasticity in the atmosphere, together with that of cold and damp, in the autumnal season, so much dispose to diminish the secretion by the skin; that hence must arise an increased derivation to these internal organs, the viscera of the thorax and abdomen; the clear consequence of which must be catarrh, coughs, defluxions, and loose bowels. These make up the general prevalent indisposition of this season of the year.

To prevent and obviate this state of health, we ought to begin very early with additional warmth upon the surface.

face. To keep the skin as nearly as possible in the same state, with regard both to vital heat, and perspiration. To keep the feet well protected against damp and moisture, whereby the natural exudation that way, may be retained and kept up; to promote which, occasional recourse may be had to the foot bath, at night with wool stockings, or socks for the day.

By a cautious and judicious attention, to the first month of the autumnal season, you will obviate it's unfavorable tendency, and enable the subject to pass over the ensuing winter, with great prospect of regular health; and through want of it, hence will begin a train of ill symptoms, that will probably lay a foundation, for the very worst state of it, through the succeeding

succeeding periods of this dreary season. A little increase of rest at night, will greatly contribute to prevent the ill-effects of diminished warmth in the air; by inducing an increased disposition to perspiration. The horizontal posture is particularly favorable, to this very salutary secretion.

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SECTION XIV.

IT is very observable, that the effects of imagination, and the impulse of idea, have very particular powers in *increasing*, more than in *diminishing* the *exacerbations* of disease, in all it's stages and progressions. Hence it becomes a very essential, and important object of attention, to direct and manage the subject in this state, so as to prevent these powers from interfering with those of nature's own intentions; and so prevent her efforts from taking place, as well as those of medicine. The functions and powers of
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the human body are such, that in a state of morbid irritability, they will become retrograde; and natural intentions defeated, by the common influence of apprehension, fear, and terror; and indeed, we have memorable instances of extraneous effects from this impulse, even in a state of perfect health.

The faculties of the mind when the body is indisposed, are wonderfully weakened, by attention and curiosity, to it's state and situation; and the impressions of care and tender regard, for the safety of our own existence, are always present. From hence we observe with concern, a total perversion of nature's intentions in this instance; as the powers of intellect, were certainly intended for the use and benefit of mankind, and not for their misery
and

and destruction; but such is the incapacity of the mind, under the influence of disease and ill-health, that the reason and reflection are frequently interposed in vain, and the best demonstrations of them are very ineffectual.

Though this be true in general, in regard to the pernicious effects of thought, by producing a sensible increase of disease; yet, so infinite is wisdom, that we see some instances when it has evidently saved the patient's life, and cured a very terrible disease; so that we here have a clear illustration of the truth of this poetic assertion*.

Dr. Mead†, gives two singular instances of the extraordinary powers of

* *The eternal art, induceth good from ill.*

† *Monita et præcepta Medica.* Page 81.

fear and terror, in the cure of two patients. The first a young lady, who from a bad habit of body, fell into an *ascites*. At a great progress of the disorder, when she was very exhausted and worn down, she took up very strong impressions of fear and terror, which she had been an entire stranger to before. This brought on great exertions to strength and natural powers, which critical circumstances being judiciously assisted, by that distinguished physician, this patient perfectly recovered her health, when a little before it was given up as a lost case.

The other patient was also a young subject, in a state of pulmonary consumption in the worst stage. Enthusiasm, producing a temporary delirium, excited very sensible good effects;

effects; and the original disease from hence abated, and gradually wore off. It seems that the terrors of imagination in this case, were greatly heightened by the representations made by *spiritual guides*, as if, (as the judicious author observes) the happiness of the next, was to be acquired, by the miseries of this world.

From these instances, this great physician makes this judicious observation, “ *Aliquisque malo, fuit usus in illo,*” and this assertion may certainly be proved, in some very singular subjects; but in general the very reverse actually happens. It is very evident, that while the faculties of the mind, are in a state of great exertion; those of the body, sustain a temporary suspension; and hence, a new arrangement is given to the system, which

in most cases, is unfavorable both to the recovery of health, and it's preservation. I know disorders so sensibly increased, and kept up by mental irritation and inquietude, that the patient could not bear the least idea, or impression, with regard to his situation and ailment, without evident risk of rendering every measure, and every effort, retrograde and abortive.

Notwithstanding we can sometimes discover instances of salutary effects, arising from increased agitation and irritability such as were noticed by Dr. Mead, yet, the reverse state is certainly the best *suited* to nature's powers and nature's laws, and in course, the best *adapted* to medical intentions; and therefore, every concurrence of this method, should be an object of great regard and consideration to the practitioner.

SECTION XV.

TO gain time, in order to have repeated opportunities to examine and ascertain the disease, it is assuredly necessary to obviate the difficulties of the patient, and allay all impressions of danger and apprehension.

Independent of the advantage we observe, from this *acceptable* and grateful service of releasing the mind from it's difficulties, we can evidently detect substantial and permanent good effects upon the disease, with regard to *crisis* and *termination*.

I have seen instances when the variolous eruption, and other suppurative inflammations, have come to a favorable crisis, and made rapid progressions to that state, after the patient had lost the impressions of having the small pox. While these existed, no apparent effort was made to that salutary state; but the moment they ceased, the progress was sensible and decisive. The same thing happens in regard to most skin inflammations, particularly the *herpes* and *erisipilas*. No disorders I know, are led on to such states of increased *exacerbation*, from agitation, as these evidently are; indeed, I believe that they are frequently brought into existence by *irritability only*. In fact, I have observed cases when it was clearly so, beyond a doubt.

But

But to dispense with reasoning, as well as fact, and both together in this case, the affair is like that of death, certainly best in a state of total ignorance; and if possible oblivion. Every circumstance in respect to both, suffers much by anticipation, and very much the same, with every degree of intellect, from the philosopher down to the idiot. For under the conflict of morbid irritation, the former is brought into a state of *humility*, very nearly *equal* to that of the latter. In regard to the *competency* of their ideas, respecting their own situations.

There is something very acceptable and pleasing, in obviating the lassitude and anxiety of the sick, and by leaving the sensations of the patient quiet and easy. This opiate *revocate animos,*

mæstumque timorem mittite, will effectually compose the mind, and exhilarate the patient, more than an opiate, draught, or pill.

The impressions of hope, procure more successful remissions, and give more effectual efforts to the natural powers of the body, than those *defective* and *occasional* ones, that may be resorted to, and sought after in the skill of the apothecary's shop. The first gives effort to the whole; the latter to a part only. The whole faculties are occupied and filled up, by the pleasing sensations of hope, and expectation; and give that diffusive animation and life, so justly and so finely described, by this beautiful distichon.

“ Till lengthen'd on to faith, and unconfin'd,”
 “ It power it's bliss, which fills up all the mind.”

The

The powers and faculties of life, that are produced and called forth, by the means of this *medical auxiliary*, are amazing successful in the cure of disease in every way; and is therefore to be considered, and used as a *cordial*; but with this essential advantage, that *unlike* other cordials, it's effects are durable and permanent, and it never leaves the patient *worse* for it's use, nor does it impair or wear out the bodily organs. The structure of the human mind, is made up to delicate and tender parts, and therefore requires the hand of cultivation, and judicious care. It is naturally formed to hope and expectation, and is ever accessible to these impressions; but this plant is like every good one of tender growth, and easily impaired. It hence becomes a business of that delicacy, which will require skill, judgment, and ability, to manage

nage and direct: but, there is no situation of human difficulty either natural, or acquired, but what will admit of this resource, and it's effects are very correspondent to those of harmony; and I will therefore take leave of it, by giving it this Title *Dulce Lenimen Medicorum.*

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SECTION XVI.

THE habits of life, and the manner of living, if not judiciously adapted, very much dispose to produce both temporary and permanent disease, in a variety of instances: and hence, attention in this affair, will constitute the best fund of medical assistance.

It is not sufficient for salutary intentions, that we regard methodically, what is well, and what is ill adapted,
or

or, in other words, what does agree, and what does not, but to notice with particular attention, the exact state of health, at these different periods; as from hence we may calculate particular reasons for the one and the other; and therefore either choose or avoid the same at future times, with great advantage and propriety. Neither aliment nor medicine, is to be totally set aside and avoided, from the circumstance of it's being either hastily, injudiciously, or unsuccessfully adopted and used. For observation clearly proves, that the very same at other times, and under some variations of health, have succeeded perfectly well: and the same consideration is to be had in regard to *quantity*, as well as that of *quality*.

The powers of health and life are variable in themselves, and are never permanently the same; and hence we may evidently observe, why regimen, and all medical rules must be adapted, to the particular state of these powers. Herein the faculty of judgment and ability is requisite; and unless mankind have these to exercise, or engage the knowledge of others; it is impossible for them either to possess long health, or reasonable pretensions to the possession of it. Some situations of life are certainly more favorable to the preservation of health than others. And these appear in many instances to be such, as are of inferior condition. This appears not to be properly estimated, and to be assertion without proofs, in respect to poor people and labourers *only*.

The vices and filth of the common people, are certainly greater sources of ill-health and destruction, than the better sort, who have in some measure, the means of obviating such as attend them.

The state of life in respect to habits, the best adapted to health, appears to be that, wherein the exercise of faculty and employment is most required, as the means of support; and wherein mankind cannot be left to the entire pursuit and choice of their own desires, without the intervention of some business, which is till a certain period of life, requisite to keep them in health, and from the *idleness of vice*. Hence,

Vivitur exiguo melius,

Is

Is an assertion perfectly well adapted to society in general ; and, I believe, is a much better security against disease, and the necessity of medical assistance, than the best rules of science and of medicine.

The whole affair consists in reconciling ourselves to those situations, as being the fit ones, designed for the numbers, and not for a few ; and hence make us attached to their duties and pursuits, which *alone* should make up, and constitute the chief attention of our lives. A great deal of sitting and quiet after meals, particularly after dinner, which is usually the fullest, is certainly injudicious. *Cæteris paribus*. Indolence and inaction of the whole body, will certainly induce an inactivity of it's parts, and different organs,

organs, and they will lose their due tone and exertion, from the circumstance of inaction. To obviate this defect, it has been very judiciously thought, that laughing and talking is necessary, which is certainly a useful auxiliary, to digestion and secretion; but the assistance of general exercise such as moderate walking, seems better adapted to prevent a *radical* defect. We breathe better air out of a room, where several stay, than in it; and where the best air is, the organs of respiration perform their function more free, easy, and deliberate; and by their action, the office of the stomach, and it's digestion is more accelerated, as well as that of the intestines, whereby constipation is prevented; and all the inconvenience, of a costive habit of body.

One evident advantage must arise, from the circumstance of not sitting long at meals, above that of all others material; which is that of not going into excess. Long dinners lead us into the habit of making separate and distinct meals at the same time. For, it is a meal to drink, as well as to eat. Every thing we drink except *water*, must undergo the process of digestion; that is, a decomposition of it's parts, whatever they are, before they can serve the purposes of life and secretion. So that the stomach and it's appending organs of digestion, has twice the labour and effect to perform; independent of the occasional *help* of fruits, &c. usually produced, in order to protract the dinner materials.

In regard to fruit, it certainly is used to the best advantages, during the recess of meals; during the intervening times. As the powers of the stomach at those periods, are much at liberty to digest it, and to render it's natural flatulence, less oppressive and troublesome to this organ. Indeed I apprehend in many subjects, that this is the only time they can be digested, and serviceable. For unless they are digested, the fixed air contained in them, cannot be separated; and hence, by retaining that constituent part, they become heating, surcharge the stomach, and produce loose bowels, in which case it passes off crude and undigested.

It is the greatest advantage in general, to go to bed with a *finished* digestion; as in the horizontal posture, that process of nature has the least powers

powers to exert, to this intention. Next to this, in favor of health, is to go to bed early, with a view to early rising; both of which has infinite advantages, except some particular circumstance stands in the way.

Nothing disposes to strengthen the natural powers so much, as exercise and motion, in the early part of the day, when they are at liberty, and disencumbered of every extraneous load. To this intention, an evacuation downwards, is especially necessary every morning. It is more material at that time, than at any other period in the twenty-four hours; as we are clear, that every thing is fit and duly prepared in digestion; and therefore what remains behind is excrementitious only, and ought to pass through the body.

The exercise and employment of one hour, in the early part of the day, is of more service in bracing and giving tone to the body, than any subsequent two hours. And hence it is we observe, that old healthy people, have been early risers, and used early exercise.

If a due regard is had to the intentions of life, we shall find it to consist of a series of comfort and happiness; the pursuit and attainment of which, depends a good deal upon the circumstance of health. For without the possession of this *essential*, the others are ideal, and nugatory.

This, therefore, constitutes an affair of attention and care to every individual; and to this intention, nature has given us faculties *adapted to observation,*

servation, and *feelings*, that makes us tender of our own existence.

We hence are led to observe, the propriety of regarding health and life, as an affair of amusement and pleasure, and to be careful not to let any impressions of anxiety or distress, invade our internal feelings, in respect to it's duration and period. For if our care of one or the other, has this for it's object, every effort to protect and prolong it, will be *inefficacious* and *retrograde*: and I cannot introduce a more just, and a more beautiful description, of the right estimate of this matter, than what an eminent writer has expressed.

J'aime la vertu, sans rudesse

J'aime le plaisir, sans moleste

J'aime, la vie, et n'en, crains point la fin.

The natural diseases of mankind, individually are few, and seldom in comparison with those that are produced from a want of intelligence and care. Hence having a due regard to what is adapted to each particular habit of body, will give us a much better prospect and chance, to the possession and enjoyment of health; than by occasional appeals to the powers of medicine, which are from the best observations, limited, precarious, and very inadequate to those of disease.

The sensible and evident effects of regimen and exercise, should ever be the criterions for estimating their propriety and salutary powers; and, therefore, we are to form our manner of life, from the known and visible *peculiarity* of our own organs; which
are

are endowed with sensations to that intelligent purpose, and these point out to every man, what he ought to *adopt*, and what he ought to *avoid*. In this simple affair I take it, resides our chief antidote to disease, as well as the best means to obviate it's tendency and influence.

There appears to be something essential, in occasional variations, both of exercise and regimen; particularly of the former, in regard to their salutary effects, probably from the circumstance of some variations of natural powers. Judgment and choice must here be consulted, and adapted to concur with the right intention. We have an observation in a great Poet, of the Augustan age*, which appears exactly to correspond with this idea.

* Multa dies, variusque Labor.

Though the riding on horse-back, be an excellent discipline in many cases, yet in some subjects that have weak irritable *viscera*, a great deal of increased indisposition arises. It is impossible to descend to enumerate instances, of the good or ill effects of regimen and exercise. These being objects of nice attention, and accurate investigation, totally depending on *idiosyncrasy* of every particular case. In a right distinction of these, and by a judicious regard to *all* other circumstances of the patient's health; we are able to calculate the treatment, with the best probability of success, and the most reasonable claim to it. To this intention, we must regard every case with diligence and care; and by repeated attention and observation, and nothing else, we can come to the right estimate of it; and consequently
to

to the most successful means of treatment.

I know of no books, that can teach the medical practitioner, but these. None have such accurate characters, and intelligent language; and to these I would advise every one to appeal and consult. If there be any guide more faithful, and less subject to delusion; I finish these observations, by calling upon him who is in possession of it, to communicate it for the benefit and information of society.

Si quid novistis, rectius istis.

Candidus imperti.——

F I N I S:

in the most beautiful manner of
nature.

I know of no other place
which the natural beauties of
nature have thus adorned. The
scenery is so beautiful and
so close I would say, that
it is almost impossible to
find more beautiful and so
close. I have seen many
mountains, but none so
picturesque as this. The
scenery is so beautiful and
so close I would say, that
it is almost impossible to
find more beautiful and so
close. I have seen many
mountains, but none so
picturesque as this.

It is a very beautiful
place, and I have seen
many other places, but
none so beautiful as this.
The scenery is so beautiful
and so close I would say,
that it is almost impossible
to find more beautiful and
so close. I have seen many
mountains, but none so
picturesque as this.

A P P E N D I X.

CONTAINING

A SUCCESSFUL METHOD

OF TREATING THE

ASTHMA AND DROPSY.

THE Asthma, however variable in its progression and changes, however different in it's attack and remission, originates from very simple and evident causes; and so in course must meet with the most permanently successful treatment, when it is adapted to these radical sources, and calculated to obviate the disease in the first instance.

It

It is observable, that this very troublesome affection of the lungs, and diaphragm, though arising from a combination of circumstances, and various predisposing causes, is *specifically* two-fold, and may be therefore exactly ascribed, either to debilitated organs, or surcharged vessels.

The general and most prevailing Asthma, is of the latter origin, especially in young subjects; though we sometimes observe evident indications of a joint concurrence, which renders the disease more complicated and difficult.

Sometimes, the too great a derivation to the lungs, will entail and connect with it, a debility and convalescence of these organs of respiration,

tion, without any primary and original defect of tonic powers; and hence we have the complicated disease, induced simply from the presence and irritation of too much circulation in the vascular system of the lungs.

Indeed, when we consider the fine minute structure of these organs, and their important office, together with the frequency and impetuosity of their action, and also the great quantity of fluid they have to propel, we shall not be at a loss to account for the frequency of a difficult and impeded circulation of blood through them, and consequently asthma and other pulmonary affections.

As we do not propose to enter into a discussion of the doctrine of respiration, with regard to the change produced upon the vital fluids, by
that

that singular process of life; we shall proceed to consider the treatment and care of this distressing and vexatious disease, as totally depending on the two circumstances of *plethora*, or full vessels, and that of *convalescence*, or weakness of parts.

Local diseases, and local affections, are always most accessible to the successful application of medical treatment; and hence, nothing is more circuitous and defective, than the mode of treating this, and many other diseases, by traversing their whole system to come at it. As the seat of this disease is ascertained by the parts that are affected by it; where is the objection to attacking it, by applying the remedy to that part *only*, where it first took up its residence? In other words, why follow

follow the disease in the *rear*, and not attack it in the *front*? In pursuing one doctrine, we frequently observe that the whole subject becomes diseased, by time, by evacuations, and by weakness, aided by a low regimen, in attempting to remove the disease of some particular part.

Herein we see medical practitioners engaged in a very unsuccessful and inadequate pursuit; as, we seldom can overtake the disease, and it's progressions are usually more rapid, than those made by medicine, in the usual and *established form*; and, the latter, is seldom adequate to it's pretensions.

I would not exhaust nor impair the general system, in order to obviate and remove the disease of a particular organ, provided that organ be not seated

feated out of the reach and power of topical means, conveyed in some way or other; nor would I suffer a disease so situated, to be lengthened out to a future day, by such circuitous treatment, when opportunity occurs to destroy it in it's first stage, and in the first instance.

Asthma arising from full vessels, and surcharged lungs, may in general be very soon cured, by promoting an increased secretion, or in other words, by inducing an early and copious expectoration, which is nature's cure; and to this intention, nature directs her efforts, by inducing a cough, and frequent laborious respiration.

It is very observable, that the particular state of atmosphere, has very great effects upon asthmatic subjects
of

of every denomination, by forming, increasing, or diminishing the paroxysms. As air is a fluid, we are led to the obvious calculation, that fluids in the form of *effluvia*, constitute the most beneficial applications, in cases of asthma.

Camphor, Benzoin, and Styrax, and many other volatile and fragrant gums, give off very essential parts in *effluvia*; and, in that state, may be very easily and effectually conveyed, through the whole system of the respirable organs; whose parts being membranous, and extremely vascular, cannot fail to have their stricture, and inflammation presently and sensibly abated; and a copious discharge of inflammatory mucus; hence must ensue to the essential benefit of the distressed patient.

At the same time, that this process of *inbalation* is going on, which should be from a considerable surface, with a view to get as much as possible admitted, by the different passages of the mouth and nostrils, the patient should be kept up to the knees, in hot sea-water; or what is much the same thing, Bay-salt dissolved in common water, in the proportion of a pound to six gallons.

I have frequently observed, in the asthmatic, as well as gouty inflammation, and when both diseases have concurred at the same time, an amazing rapid success attending this latter process. The diaphragm, and all other parts muscular, concerned in respiration, have been presently released from their stricture and difficulty, which

which may be easily accounted for, by referring it to the doctrine of revolution and derivation.

This double process of fomenting the lower extremities, and that of inhaling at the same time, should be followed up, and persisted in, twice, perhaps three or four times in the twenty-four hours, as indications required.

With respect to medicines, by the stomach, I know of none that surpass the simple oxymel, and paregoric elixir. A table-spoonful of the former, with forty drops of the latter, three or four times in the twenty-four hours, in a tea-cup of any diluent.

In some cases a double issue, or seton upon each side, nearly in the direction

of the diaphragm, is extremely beneficial and necessary.

As it is very observable that the asthmatic subject is always best, with respect to the important affair of respiration in the erect posture, we should consider how to avoid the very mischievous consequences of the supine and horizontal; which if judiciously adapted, will be of the most essential service; not only to palliate and relieve, but to prevent subsequent returns.

The posture of the body for rest and sleep, is what we should direct the attention of the patient to. It should as near as possible, correspond with that of the erect.

The bed should consist of hair-matras, and pillows of the same, and they
should

should be so disposed, that the whole trunk of the body, as well as the chest and head, ought to be so much raised as to put the body in a middle state, or half sitting and half horizontal; and, in this posture, all the vital and involuntary motions are performed, with as little difficulty to the weak and impaired organs of respiration and circulation, as possible.

One rule should be certainly observed, as essential to procure easy nights, and also good days; which is, to keep the stomach as empty as possible, at the same time duly supported, with aliment, of the mucilaginous kind, divested of all fat, and unctuous parts; and the bowels evacuated; especially so before going to bed, as by these precautions the muscles concerned in respiration,

piration, have most liberty to act, and perform their motions free and easy.

An electary or Linctus, prepared in the following order, I have frequently known succeed in this intention, when taken freely. Take of the best Muscadine raisins stoned, or Corinthian figs, and beat them well in a marble mortar, and add by small gradations, as much vinegar, or simple oxymel, as will with a good deal of mixing, form it into a soft electary: of which the patient may take a half spoonful every two or three hours, or more frequently if necessary.

As to the affair of fumigation, it is sometimes best to use the effluvia of camphor, especially where the asthmatic affection arises from weakness, and irritability;

irritability; sometimes the benzoin, and frequently the styrax.

To use the camphor, rub two drachms of it, with three or four drops of rectified spirit of wine to a powder. Then put it in a pint pewter-vessel, and pour upon it a pint of boiling water, which makes camphor julep. The camphor will begin to pass off immediately in strong effluvia, which the patient is to breathe over, keeping the surface of the pot, as near as possible to the mouth. Continue to breathe the vapour, as long as it gives off any; and repeat this process, twice, three, or four times in the twenty-four hours.

In some cases, boiling vinegar is preferable to that of water; especially when there is great debility, and *pustular excoriation* of the passages.

The benzoin and styrax, give off their most essential parts in rectified spirit, and therefore make a strong solution in tincture. Two, or three ounces of the tincture of either put in pewter vessel, and a pint of boiling water, poured upon it; the balsamic and healing part of the gum, will pass off in effluvia, and enter the ramifications of the *trachea*, and be received into fine pulmonary vessels; in consequence of which, the exacerbations of those parts, will be allayed; and by repeated applications, totally cured.

The success attending fomentation applied to inflamed parts, is generally known and acknowledged; and hence we are led to the obvious conclusion, that the inflamed, and surcharged surface of the lungs, must have the increased action

action of vessels abated, and the inflammatory *diathæsis* carried off, by relaxing the parts, and consequently by increasing their secretion.

When there is debility of parts and irritation only, without any tendency to expectoration, I do not see why the tonic medicines may not be applied, in the state of effluvia with success. The fact is, they may be used with great success, particularly the bark, chamomile flowers, cascarilla, &c.

It is not infrequent, especially with people in the decline of life; that the ferous and lymphatic parts of the blood, from weak and exhausted vessels, become obstructed, in the cellular membrane, immediately under the skin; and hence, occasion swellings in the lower extremities, and sometimes

sometimes in the abdomen, attended with a cold and insensible skin. This appearance is usually considered as the incipient dropsy; and, in fact it is so, and will often terminate in an *ascites*, especially if there be diseased *viscera*.

As this appearance and disease, frequently attends the asthmatic subject, and from the circumstance of the difficulty which attends the return of the blood, from the inferior, to the superior parts, must often occur; I conceive there will be no impropriety in considering it, as a consequence of it; and hence, we are led, to comment and subjoin our observations to it.

As we observe a remarkable coldness, and insensibility of the skin, as well as incapacity of flexibility; we are led to the evident idea, of the
necessity

necessity of restoring life, elasticity, and vigour to that part, as a most essential mean, to impede the progress of the disease.

As the maxim of

Venienti occurrere morbo,

Is in every man's idea, I should propose to follow up this intention, by an early use of friction, either by the naked hand, or by means of the artificial warmth, explained in page 72, and 73, remembering well to begin at the lower part, and continue upward *only*; as the diminished action of vessels, is in the reflux circulation, and the skin; hence, we ought to avoid the common mode of friction, and apply it from below, upward.

As

At the same time, we must pay a cautious attention, to give an increased tone and action to the general system, and particularly to that of the vital parts, the stomach and intestines; by invigorating the habit with liberal quantities of Chalybeat wine, Old Hock, Madeira, and bark, in suitable and alternate quantities, taking care to avoid the vulgar error of giving them together, as the stomach is a very delicate organ, and ought not to be offended by frequent repetitions of medicine: hence, shall be led to observe the advantage of giving an ample dose at once or twice in the twenty-four hours; and the dietetic wines at due intervals. As the stomach has great variations and peculiarities, we should be very careful not to offend this important organ, by giving
much

much medicine, or to attempt the cure in this way.

As we find that either the increased action, or increased bulk of the viscera of the thorax and abdomen, will frequently cause a diminished return of circulation from the inferior parts, particularly from the lower extremities; it remains for us to devise an adequate assistance, for these parts to resist this disposition, by an increased tone and strength.

The patient should be in the horizontal position, when the topical application is used, with a view to give the best chance of preventing the lymphatic fluids return to the depending parts; prior to which, the stomach should be protected and fortified, with a proper

proper drink, of the strengthening and restorative kind, before enumerated.

As the blood, and habit of body, is generally impoverished, and in some measure destroyed, in these cases, we must direct our efforts to renew and mend it; and, though we cannot get rid of the original defect, by evacuating the morbid fluids; yet we certainly may supply the deficiency, by the introduction of better vital fluids; and illustrate, by fair example and success, what the learned poet contemplated, in idea and theory.

" Ut repleat vacuas juvenili sanguine venas."

We must conceive and understand, that as medical powers are correspondent to those of every other,
and

and therefore of limited capacity, this line is not intended to convey any other idea, than that by a judicious arrangement, we may prevent a farther disposition to disease, and, by finally checking it's progress, induce a complete cure.

In most dropical subjects, we gain a very essential progress towards diminishing the disease, by a copious use of proper diluents; and, by *avoiding* the established error, of letting the patient drink sparingly: I always recommend considerable latitude in that instance, especially as I observe an increased secretion attend it's use.

Great regard is to be had, both to the quality of the diluent, as well as the times most favorable to it's use,

use, in passing off by urine. In some instances, the horizontal posture is most favorable to that intention, particularly, when the complaint originates from *convalescence*, and *diseased viscera*; and frequently the erect, assisted with proper exercise, or friction. The drink in general use, is made thus: Take an ounce of cream of tartar, and pour upon it two quarts of boiling water; add a little honey, sufficient to make it grateful as to sweetness; and to every half-pint, put a wine-glass of Madeira, old hock, or genuine Holland spirit. From one to four quarts, is drank in the course of the twenty-four hours; and I generally find that double the quantity of urine passes off, to that of diluent.

The medicine I have to recommend is, from twenty to sixty grains of
the

many a patient has gone to a premature grave; and many a practitioner, has silently and quietly suffered every fatal progressive stage, to go on to that fatal crisis.

A judicious and inquisitive attention, and frequent attendance, to catch hold of favorable circumstances, as they occur and offer, is an essential, and to use medical sagacity in creating them, and assisting to that intention, by every intelligent consideration, constitutes and makes up a very material part of success, in the treatment of these two formidable and very compassionate diseases.

I have to recommend, that as the powder is made up of volatile parts, that it be always fresh dried, and fresh pulverized, and to *a very fine powder.*

The

The *ruscus* should be in the best and newest state of vegetation possible, and the infusion always drank warm. The powder may be mixed in a part, or the whole of it, and drank off at once.

However simple and unscientific these preparations may appear; and however humiliating it may seem to *particular* men, to offer them in preference to those of a more combined class, and therefore less known; I have only to add, that in several instances, where the latter have been tried in vain, I have succeeded with them, and therefore take leave of the subject, by stating the fact. And hence so far as these cases go, to illustrate it. I can with confidence say, "*Hoc remedium nunquam fefellit me.*"

RECAPITULATION.

IN our account of the correspondence observable in the productions of nature, adapted to the intention of curing diseases, in the article of the impregnation of waters, with various substances of medicinal powers; it remains to be noticed, that the position stated in page 38 of the first Section, is in some cases objectionable, and for the sake of accuracy and truth, we shall observe the variation.

In some instances, we find mineral waters contain *Gypsum*, and sometimes
arsenical

arsenical matter. In such productions we cannot conceive any salutary means to exist.—Also we can, in the instance of the artificial impregnation, avoid every deleterious ingredient, and likewise render that impregnation *exact* and *specific*, whereas it is somewhat precarious in the natural state.

It is also to be understood, that where it is asserted, that water absorbs phlogiston, it is in a combined state, with atmospheric air, which comprehends fixed air.

This fluid is occasionally administered with good success, in the form of *enema*, and sometimes diluted with common atmospheric air; it is used to breath, in the case of ulcerated lungs.

It is to be regarded, that the rules of abridging the common regimen of life, specified in Section II. Page 54. is to be varied, in conformity to occasional circumstances. If animal food, or any other nutriment, detaches it's fixt air from the stomach by fermentation, it is conceived not to digest, at least by solution ; which, agreeable to *Stevenson's Experiments*, should dissolve and pass together.

As it is requisite we should pay due regard to authority, it is defined by *Bergman* that *Calculi* are formed, by the saccharine acid, and calcarious earth, and therefore are not exactly selenite, as described in page 125.

It is proved not to be air alone, but a great deal of aqueous effluvia that passes off from the lungs in respiration, and

is condensed in a column in cold weather, as referring to the definition in page 120.

It must be acknowledged, that there is no distinction in fixed air, it being exactly the same; and hence the expression of the last in page 127, becomes totally unnecessary.

F I N I S.

1871

At a meeting of the Board of Directors of the
City of New York, held on the 1st day of
January, 1871, the following resolution was
passed:

Resolved, That the City of New York
be and it is the duty of the Board of Directors
to cause to be printed and distributed to the
citizens of the City of New York, a copy of
the City Directory for the year 1871.

Witness my hand and the seal of the City of New York,
this 1st day of January, 1871.

Mayor

